

NATURALOPY

PRECEPT 14

WISDOM





NATURALOPY

CELEBRATING HUMANITY

Since time immemorial, our ancestors have gone to great lengths to fabricate myths and fables to answer the six primary existential questions of life:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

For thousands of years, the East Indians, Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past have conjured fairy tales of a god or group of gods to justify their existence. We now look at their abandoned gods and think how naive and backward our ancestors must have been.

Today, the Christians, Jews, and Muslims hold steadfast to the idea that an omnipotent figure created the Universe and Earth 6,000 - 10,000 years ago. And that all humans were seeded by Adam and Eve in the Garden of Eden somewhere in modern day Iran or Iraq. These beliefs persist despite the fact that science has refuted and disclaimed those assertions with empirical evidence—evidence that can be verified by anyone willing to do the research. Most don't, thus the perpetual conflict between the Christians, Jews, and Muslims.

The Universe is roughly 13.8 billion years old; the Earth 4.6 billion years old; Humans are the product of evolution, 4.3 billion years in the making.

There is no need to attribute to the gods what Humanity has achieved.

Naturalopy (naCHərə lō pē)

noun

1. The philosophy of adopting universal knowledge and collective wisdom from historical and contemporary sources to form a belief system.
2. The Naturalopist belief system, founded on the shared knowledge and experiences of Humanity; modern philosophy; natural philosophy.

Naturalopist (naCHərə lō pist)

noun

1. One who believes in universal knowledge and collective wisdom as a basis for her or his moral guidelines and belief system; naturalist; spiritualist.
2. One who embraces the 20 Naturalopic Precepts as a guideline for a worldview; acknowledges the law of cause and effect.
3. One who adopts preeminent ideologies and philosophies regardless of their origin; objective mindset.

Naturalopic (naCHərə lō pik)

adjective

Of or relating to the precepts of Naturalopy; collective knowledge, objectivity, cause and effect, empirical evidence, spirituality, transparency, natural philosophy, Nature; equality before the Law, beneficial to Humanity.

The 20 Precepts of Naturalopy

Precept (pre sept)
noun

A rule, directive, or principle that guides one’s actions, particularly as pertains to moral conduct.

Naturalopy is structured into 20 primary precepts, most of them with supporting precepts.

- | | |
|-----------------|-----------------|
| 1. Freewill | 11. Happiness |
| 2. Karma | 12. Love |
| 3. Simplicity | 13. Dreams |
| 4. Health | 14. Wisdom |
| 5. Spirituality | 15. Success |
| 6. Compassion | 16. Suffering |
| 7. Purpose | 17. Forgiveness |
| 8. Virtue | 18. Salvation |
| 9. Attitude | 19. Liberty |
| 10. Character | 20. Time |

When taken as a whole and expanded in detail, the Naturalopic framework of 20 precepts is more comprehensive in scope than any single religion or philosophy because it embraces all available knowledge.

Life can be complex, therefore our moral guidelines and belief system are only complete, accurate, and objective when they’re derived from multiple historical and contemporary sources, regardless of their origin.

Life did not come with a manual. Life is a learning process. We make mistakes; we are not sinners. The better choices we make, the higher our quality of life. But we can only make better choices when we are enlightened...

NATURALOPY

PRECEPT 14

W I S D O M



PRECEPT 14

WISDOM

wisdom

foresight, astuteness, discernment, experience, intelligence, comprehension

1. An element of personal character that enables one to distinguish the wise from the unwise, or right from wrong.
2. The discretionary use of knowledge for the greatest good.

When we are young, unknowledgeable, inexperienced, and impressionable, everything is opinion. We think we know how life and the world at large works, but after we become enlightened and wise, our perspective of the world changes. We begin to think that maybe the mass media doesn't have our best interest at heart, but is putting the interest of its advertisers before our own. Or that our donation to the church, synagogue, or mosque is enriching the lives of the higher-ups and contributing to the wars between religions across the globe. Or our government is not governing for the common good but for the few who put them in power. Or even perhaps our friends want us to succeed, but not too much as not to leave them behind, thus the slights and jealous fits. Why, why, oh why is the world such a cruel place?

The social interactions between people and the dynamics of life as the consequence of those interactions can only be understood through wisdom. The world is not a cruel place once we understand the people in it. When we understand people, we understand the world, and the world becomes a manageable place, even our playground if we become people experts.

Wisdom requires insight, perspective, and especially experience. Our worldview began as subjective opinions, then through enlightenment our opinion may or may not change, but it is with wisdom that the truth becomes apparent.

To understand human nature is to understand the world, thus wisdom.

Only the educated are free.



Epictetus

Give a man fish and you feed him for a day.
Teach a man how to fish and you feed him for a lifetime.



Confucius

A man may die, nations may rise and fall,
but an idea lives on.



John F. Kennedy

Wisdom tends to grow in proportion to
one's awareness of one's ignorance.



Anthony de Mello



It is the mark of an educated mind to be able to entertain a thought without accepting it.

Aristotle



The art of being wise is the art of knowing what to overlook.

William James

The educated differ from the uneducated as much as the living from the dead.



Aristotle

An intelligent person can rationalize anything, a wise person doesn't try.



Jen Knox



Knowledge is learning something everyday. Wisdom is letting go of something everyday.

Zen Proverb

Wisdom is nothing more than healed pain.



Robert E. Lee



Five percent of the people think; 10% percent of the people think they think; and the other 85% would rather die than think.

Thomas Edison

Knowledge comes by taking things apart: analysis. But wisdom comes by putting things together.



John A. Morrison



Learn the meaning of what you say, then speak.

Epictetus

To attain knowledge, add things every day. To attain wisdom, subtract things every day.



Lao Tzu



You must learn a new way to think before you can master a new way to be.

Marianne Williamson

The wise know too well their weakness to assume infallibility; and he who knows most knows best how little he knows.

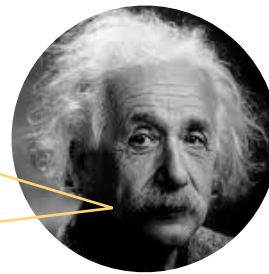


Thomas Jefferson



Only a fool learns from his own mistakes. The wise man learns from the mistakes of others.

Otto von Bismarck



The whole of science is nothing more than a refinement of everyday thinking.

Albert Einstein



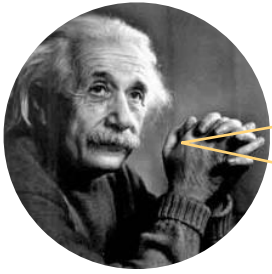
What you won't learn through wisdom, you'll learn through woe.

Johnny Awesome



Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured.

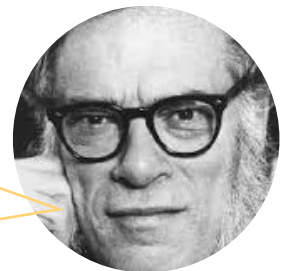
Mark Twain



Wisdom is not a product of schooling but of the lifelong attempt to acquire it.

Albert Einstein

Knowledge is indivisible. When people grow wise in one direction, they are sure to make it easier for themselves to grow wise in other directions as well. On the other hand, when they split up knowledge, concentrate on their own field, and scorn and ignore other fields, they grow less wise—even in their own field.



Isaac Asimov

Knowledge is of two kinds. We know a subject ourselves, or we know where we can find information on it.



Samuel Johnson

To know what is right instead of who is right is intelligence; to accept what is right instead of who is right is wisdom.



Trung Nguyen

For the fault of others, the wise correct themselves.

Pubilius Syrus



Education comes from within; you get it by struggle and effort and thought.

Napoleon Hill



A sure sign of wisdom and self-acceptance is when you can say to yourself, “I would not change anything about my past. I accept all my mistakes because life didn’t come with a manual. Life is a learning process and those mistakes were lessons in that process. It’s time to move forward.”

Trung Nguyen



I hear and I forgot. I see and I remember. I do and I understand.



Confucius

If you think along the lines of Nature,
then you think properly.



Carl Jung

The man who can keep a secret may be wise, but he is not
half as wise as the man with no secrets to keep.



E.W. Howe

Four things you can't recover:

1. The stone after the throw.
2. The word after it's said.
3. The occasion after it's missed.
4. The time after it's gone.



Deanna Wadsworth



Steve Jobs

In the broadest context, the goal is to seek en-
lightenment. However you define it.



All communication problems are because we do not listen to understand. We listen to reply.

Nishan Panwar

Your personal philosophy is the greatest determining factor in how your life works out.



Jim Rohn



Tell me and I forget. Teach me and I remember. Involve me and I learn.

Benjamin Franklin



Theory without practice is empty.
Practice without theory is blind.

Immanuel Kant

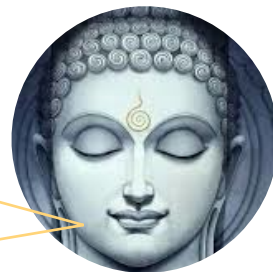
Don't explain your philosophy. Embody it.

Epictetus



However many holy words you read,
however many you speak,
what good will they do you if you do not act
on upon them?

Buddha

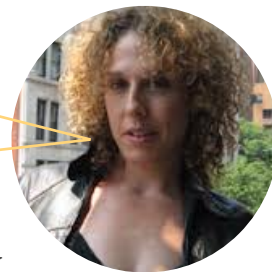


More people would learn from their mistakes if they weren't so busy denying them.

Harold J. Smith

Always put yourself in others' shoes. If you feel that it hurts you, it probably hurts the other person, too.

Rachel Grady





A man convinced against his will is of the same opinion still.

Benjamin Franklin

Everything happens for a reason, but sometimes the reason is you're confused and make bad decisions.

What do
YOU
want?

Naturalopist



The essence of being human is that one does not seek perfection.

George Orwell

The dumbing down of America is most evident in the slow decay of substantive content in the enormously influential media, the 30 second sound bites (now down to 10 seconds or less), lowest common denominator programming, credulous presentations on pseudoscience and superstition, but especially a kind of celebration of ignorance.



Carl Sagan

Education stuffs you full of ideas without the coinciding experience that gave rise to those ideas in the first place, giving you incorrect perspective and notions.



Arthur Schopenhauer



Never does Nature say one thing and wisdom another.

Juvenal

The wisdom of life consists in the elimination of non-essentials.



Lin Yutang

By three methods we may learn wisdom: first, by reflection, which is noblest; second, by imitation, which is easiest; and third by experience, which is the bitterest.



Confucius

Be happy. It's one way of being wise.

Sidonie Gabrielle



One's first step in wisdom is to question everything and one's last is to come to terms with everything.



Georg C. Lichtenberg

Think twice before you speak, because your words and influence will plant the seed of either success or failure in the mind of another.



Napoleon Hill

The older I get the less I listen to what people say and the more I look at what they do.



Andrew Carnegie

Some of the best lessons we ever learn we learn from our mistakes and failures. The error of the past is the wisdom of the future.



Tryon Edwards

A prudent question is one-half of wisdom.



Francis Bacon



Wisdom is the reward you get for a lifetime of listening when you'd have preferred to talk.

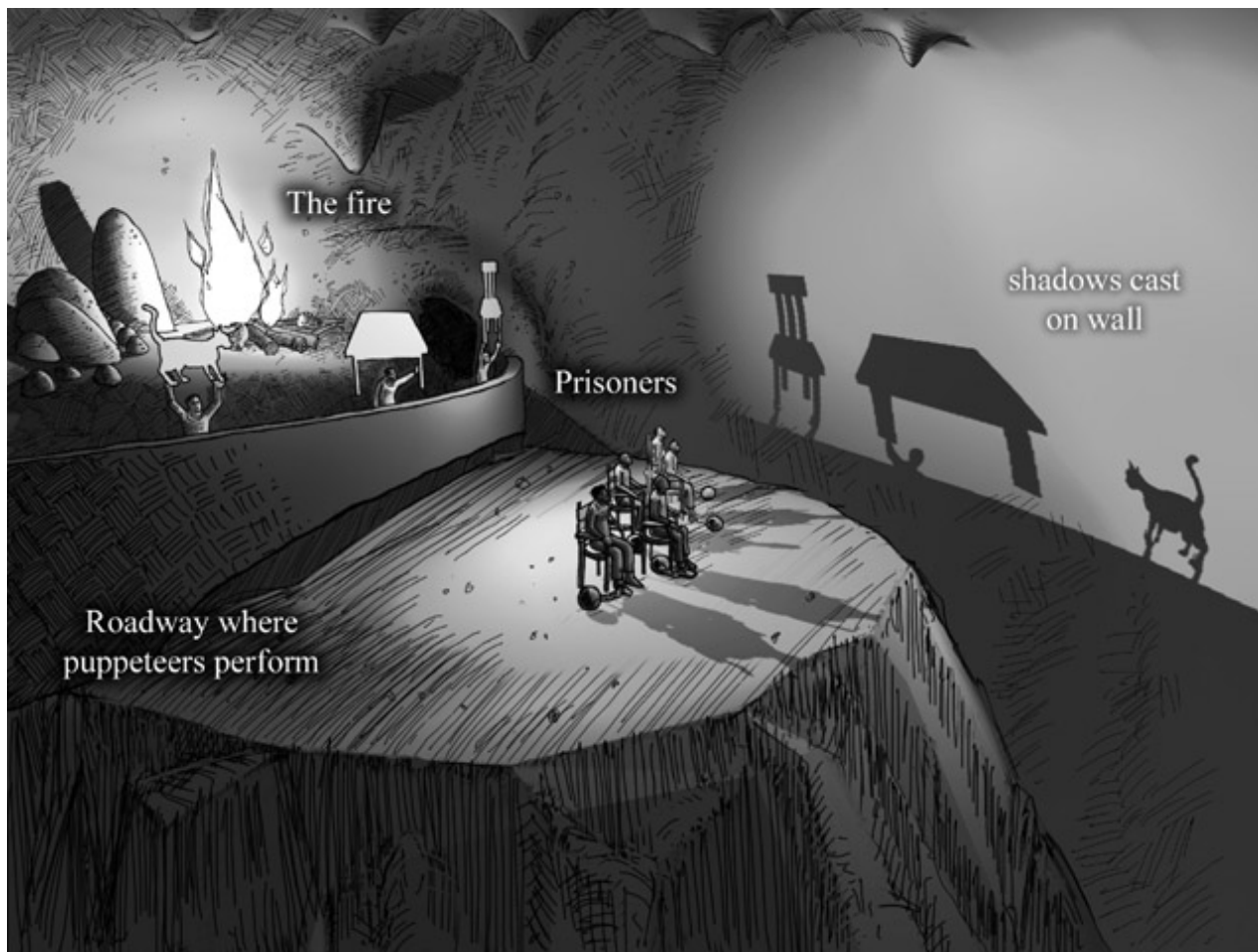
Doug Larson



We learn wisdom from failure much more than from success. We often discover what will do, by finding out what will not do; and probably he who never made a mistake never made a discovery.

Samuel Smiles

THE ALLEGORY OF THE CAVE



Plato: And now, let me show in a figure how far our nature is enlightened or unenlightened: Behold! Human beings living in an underground den, which has a mouth open towards the light and reaching all along the den; here they have been from their childhood, and have their legs and necks chained so that they cannot move, and can only see before them, being prevented by the chains from turning round their heads. Above and behind them a fire is blazing at a distance, and between the fire and the prisoners there is a raised way; and you will see, if you look, a low wall built along the way, like the screen which marionette players have in front of them, over which they show the puppets.

Glaucou: I see.

Plato: And do you see men passing along the wall carrying all sorts of vessels, and statues and figures of animals made of wood and stone and various materials, which appear over the wall? Some of them are talking, others silent.

Glaucou: You have shown me a strange image, and they are strange prisoners.



Plato: Like ourselves, they see only their own shadows, or the shadows of one another. Which the fire throws on the opposite wall of the cave?

Glauccon: True. How could they see anything but the shadows if they were never allowed to move their heads?

Plato: And of the objects which are being carried in like manner they would only see the shadows?

Glauccon: Yes.

Plato: And if they were able to converse with one another, would they not suppose that they were naming what was actually before them?

Glauccon: Very true.

Plato: And suppose further that the prison had an echo which came from the other side, would they not be sure to fancy when one of the passers-by spoke that the voice which they heard came from the passing shadow?

Glauccon: No question.

Plato: To them, the truth would be literally nothing but the shadows of the images.

Glauccon: That is certain.

Plato: And now look again, and see what will naturally follow if the prisoners are released and disabused of their error.

At first, when any of them is liberated and compelled suddenly to stand up and turn his neck round and walk and look towards the light, he will suffer sharp pains; the glare will distress him, and he will be unable to see the realities of which in his former state he had seen the shadows; and then conceive some one saying to him, that what he saw before was an illusion, but that now, when he is approaching nearer to being and his eye is turned towards more real existence, he has a clearer vision—what will be his reply? And you may further imagine that his instructor is pointing to the objects as they pass and requiring him to name them—will he not be perplexed? Will he not fancy that the shadows which he formerly saw are truer than the objects which are now shown to him?

Glaucón: Far truer.

Plato: And if he is compelled to look straight at the light, will he not have a pain in his eyes which will make him turn away to take and take in the objects of vision which he can see, and which he will conceive to be in reality clearer than the things which are now being shown to him?



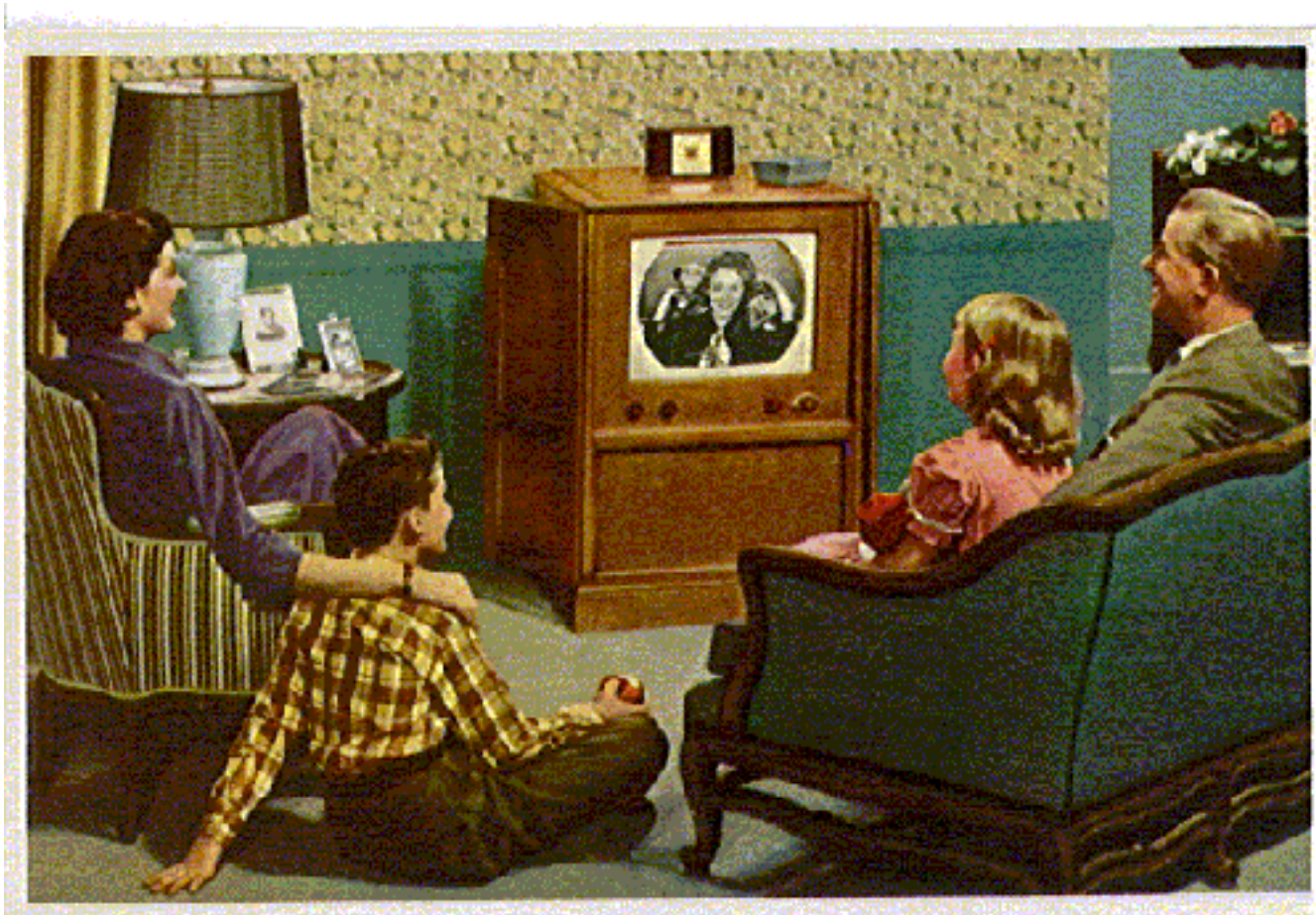
Glaucou: True.

Plato: And suppose once more, that he is reluctantly dragged up a steep and rugged ascent, and held fast until he's forced into the presence of the sun himself, is he not likely to be pained and irritated? When he approaches the light his eyes will be dazzled, and he will not be able to see anything at all of what are now called realities.

Glaucou: Not all in a moment.

Plato: He will require to grow accustomed to the sight of the upper world. And first he will see the shadows best, next the reflections of men and other objects in the water, and then the objects themselves; then he will gaze upon the light of the moon and the stars and the spangled heaven; and he will see the sky and the stars by night better than the sun or the light of the sun by day?

Glaucou: Certainly.



Plato: Last of he will be able to see the sun, and not mere reflections of him in the water, but he will see him in his own proper place, and not in another; and he will contemplate him as he is.

Glauccon: Certainly.

Plato: He will then proceed to argue that this is he who gives the season and the years, and is the guardian of all that is in the visible world, and in a certain way the cause of all things which he and his fellows have been accustomed to behold?

Glauccon: Clearly, he would first see the sun and then reason about him.

Plato: And when he remembered his old habitation, and the wisdom of the den and his fellow-prisoners, do you not suppose that he would felicitate himself on the change, and pity them?

Glauccon: Certainly, he would.

Plato: And if they were in the habit of conferring honours among themselves on those who were quickest to observe the passing shadows and to remark which of them went before, and which followed after, and which were together; and who were therefore best able to draw conclusions as to the future, do you think that he would care for such honours and glories, or envy the possessors of them? Would he not say with Homer,

Better to be the poor servant of a poor master, and to endure anything, rather than think as they do and live after their manner?

Glauccon: Yes, I think that he would rather suffer anything than entertain these false notions and live in this miserable manner.

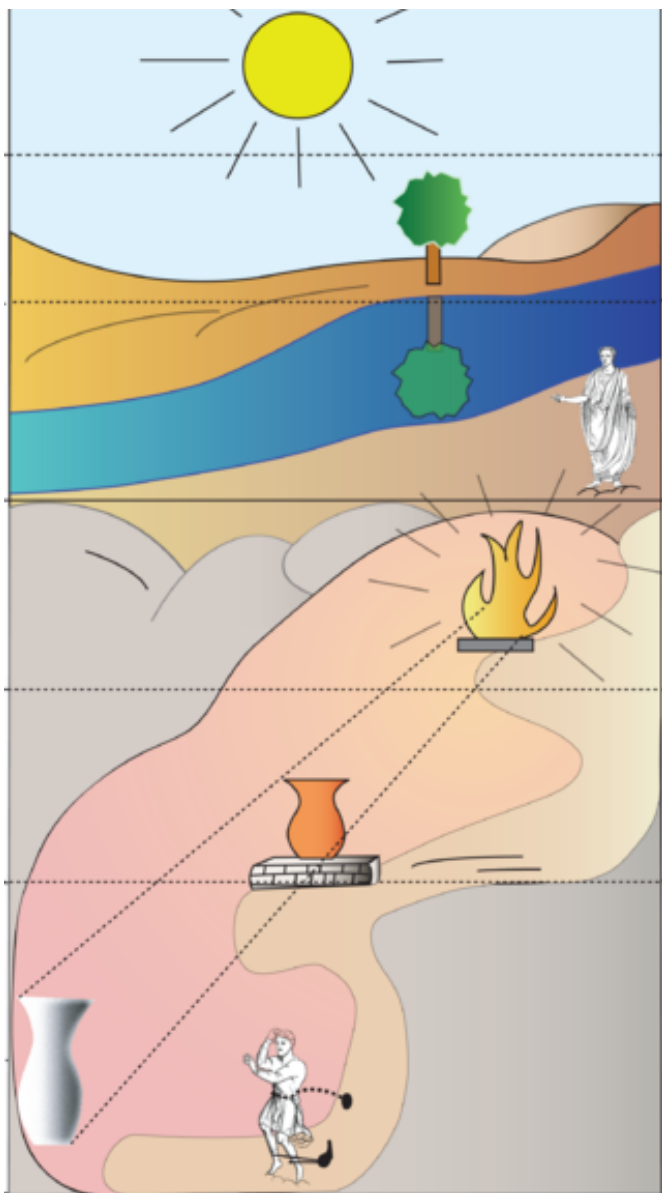
Plato: Imagine once more, such an one coming suddenly out of the sun to be replaced in his old situation; would he not be certain to have his eyes full of darkness?

Glaucón: To be sure.

Plato: And if there were a contest, and he had to compete in measuring the shadows with the prisoners who had never moved out of the den, while his sight was still weak, and before his eyes had become steady (and the time which would be needed to acquire this new habit of sight might be very considerable) would he not be ridiculous? Men would say of him that up he went and down he came without his eyes; and that it was better not even to think of ascending; and if any one tried to loose another and lead him up to the light, let them only catch the offender, and they would put him to death.

Glaucón: No question.

Plato: This entire allegory, you may now append, dear Glaucón, to the previous argument; the prison-house is the world of sight, the light of the fire is the sun,



and you will not misapprehend me if you interpret the journey upwards to be the ascent of the soul into the intellectual world according to my poor belief, which, at your desire, I have expressed whether rightly or wrongly God knows. But, whether true or false, my opinion is that in the world of knowledge the idea of good appears last of all, and is seen only with an effort; and, when seen, is also inferred to be the universal author of all things beautiful and right, parent of light and of the lord of light in this visible world, and the immediate source of reason and truth in the intellectual; and that this is the power upon which he who would act rationally, either in public or private life must have his eye fixed.

OPINION

opinion

viewpoint, sentiment, speculation, guess, hypothesis, notion, inclication

1. A belief that a person has formed about a topic or issue.
2. The judgment or sentiment which the mind forms of persons or things; estimation.

The journey to wisdom begins with opinion. The age-old adage is, “Opinions are like assholes. Nobody wants yours,” is timeless. That’s because opinions are subjective and not rooted in truth, therefore we should keep them to ourself. More importantly, we should not care about the opinion of others. Who wants to look at another person’s asshole?

There are two sides to every opinion: your opinion and their opinion. That is the subjective nature of opinion.

Dealing in opinion is a waste of time and energy. Opinion is a matter of perspective, given by those who don’t have all the information or with a hidden agenda. It is best to avoid the opinion quagmire, for the sake of peace of mind.



We don't just witness events, we automatically create stories about them. It's a really important practice to notice the stories that we tell ourselves.

Marcus Aurelius

Care about what other people think and you will always be their prisoner.



Lao Tzu



Great minds discuss ideas. Average minds discuss events. Small minds discuss people.

Eleanor Roosevelt

The conventional view serves to protect us from the painful job of thinking.



John Kenneth Galbraith

Opinions are like assholes. Everyone has one and no one wants yours.



Motherly Advice

Patterning your life around others's opinions is nothing more than slavery.



Lawana Blackwell



Overthinking: The art of creating problems that weren't even there.

Naturalopist



The man who never alters his opinion is like standing water, and breeds reptiles of the mind.

William Blake



Don't let the noise of others's opinions
drown out your own inner voice.

Steve Jobs

Let us not seek the Republican answer or the Democratic answer, but the right answer. Let us not seek to fix the blame for the past. Let us accept our own responsibility for the future.



John F. Kennedy

Try being informed instead of just opinionated.

Naturalopist



Those who have knowledge don't predict.
Those who predict don't have knowledge.

Lao Tzu

As long as you are worried about what others think of you, you are owned by them. Only when you require no approval from outside you can own yourself.



Neale Donald Walsch

Those who cannot change their minds cannot change anything.



George Bernard Shaw



Rumors are carried by haters, spread by fools, and accepted by idiots.

Naturalopist

Marilyn Monroe

When it comes down to it, I let them think what they want. If they care enough to bother with what I do, then I'm already better than them.



The world is changed by your example,
not by your opinion.



Paulo Coelho



Anyone can be a critic. What takes guts
is to see the best in people.

Naturalopist



It's not what you look at that matters,
it's what you see.

Henry David Thoreau



Never argue with stupid people, they will drag you
down to their level and beat you with experience.

Mark Twain

As a solid rock is not shaken by a strong gale, so a wise person remains unaffected by praise or censure.

Buddha



The rumours you've heard about me may be true, but then again they could be as fake as that person who told you!

Naturalopist



Everything in the mainstream media is opinion. It is produced and written by people, and people are prone to emotions and agendas. The mass media is a self-serving industry that miseducates the public in order to appease its advertisers.



Trung Nguyen

In life, we must always find out things straight from the horse's mouth and not listen to the jackass spreading the gossip.

Motherly Advice



THE BLIND MEN AND THE ELEPHANT

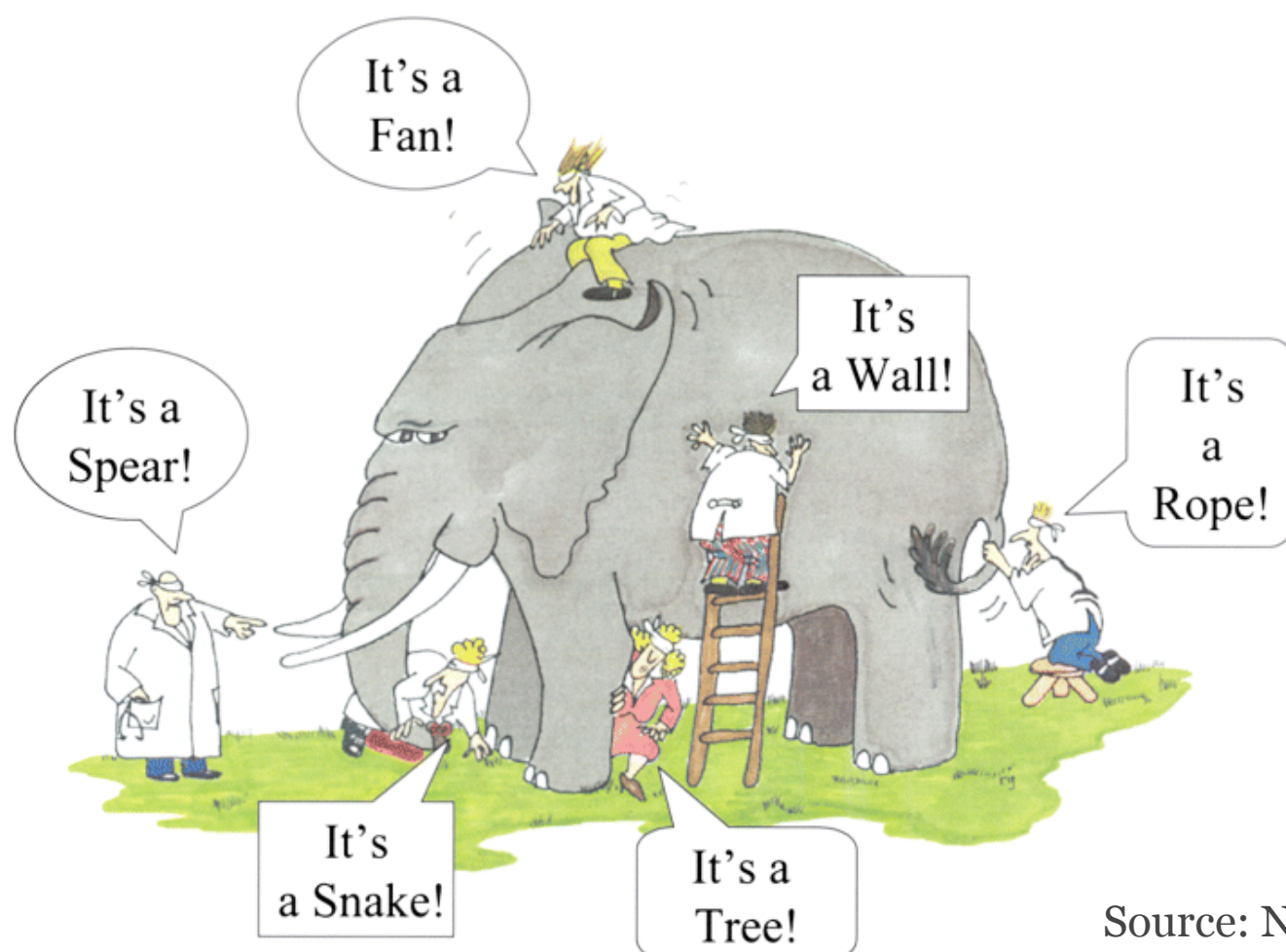
John Godfrey Saxe (1816-1887)

People of different religions got into a heated disagreement about what God looks like. They couldn't agree on a common answer, so they came to Lord Buddha and ask, "Lord Buddha, what does God look like?"

The Buddha asked his disciples to get a large, magnificent elephant and four blind men. Buddha then brought the four blind men to the elephant and asked them to describe the elephant's appearance.

The first blind man touched the elephant's leg and reported that it "looked" like a pillar. The second blind man touched the elephant's tummy and said that the elephant was a wall. The third blind man touched the elephant's ear and said that it was a piece of cloth. The fourth blind man held onto the tail and described the elephant as a piece of rope. Afterward, the blind men had a heated argument about the "appearance" of the elephant.

The Buddha said to the citizens, "Each blind man touched the elephant and gave a different description of the animal. Which answer is correct?"



KNOWLEDGE

knowledge

observation, education, awareness, discernment, facts, statistics, schooling

1. The fact of knowing about something; general understanding or familiarity with a subject, place, situation, etc.
2. Awareness of a particular fact or situation; a state of having been informed or made aware of something.

What we don't know *will* hinder our progress and growth, thus the most effective way to oppress people is through miseducation. In this day and age, knowledge obtained through the mainstream media and formal education system is comprised of half truths. The corporations want us to think as consumers and the government wants us to think as servile citizens. Therefore, knowledge is presented as one-sided, partial; or omitted altogether.

If knowledge is power, then the corporations, religious institutions, and government want to limit our power by confining our knowledge or limiting access to it.

It is our personal responsibility to seek different avenues of knowledge to educate ourself— books, alternative media, independent websites, individual blogs, and foreign media are a few options.

No one is truly free unless their mind is free.



All men by nature desire knowledge.

Aristotle

Let us think of education as the means of developing our greatest abilities, because in each of us there is a private hope and dream which, fulfilled, can be translated into benefit for everyone and greater strength for our nation.



John F. Kennedy

When we're born into any dominant, entrenched system, we inevitably absorb the system's logic as our own. We learn to see the world through the eyes of the system.



Melanie Joy

Teach your tongue to say, "I do not know."
And you will make progress.



Maimonides

To know and not to do is yet to know.

Zen Wisdom



The roots of education are bitter, but the fruit is sweet.

Aristotle

Children must be taught how to think,
not what to think.



Margaret Mead

Our minds are information vacuums. Either we fill them with thoughts of our choosing or someone else will.



Ray Davis



An investment in knowledge pays the best interest.

Benjamin Franklin

Think wrongly, if you please, but
in all cases think for yourself.



Doris Lessing

He knows nothing; and he thinks he knows every-
thing. That points clearly to a political career.



George Bernard Shaw

Knowledge is the first part of power. The sec-
ond part of power is to apply that knowledge.



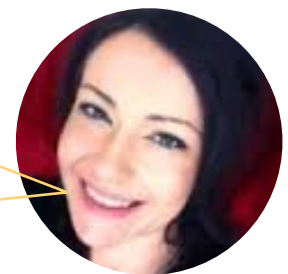
Naturalopist



Nikola Tesla

Instinct is something which transcends knowledge. We have, undoubtedly, certain finer fibers that enable us to perceive truths when logical deduction, or any other willful effort of the brain, is futile.

Knowledge without application is simply knowledge. Applying the knowledge to one's life is wisdom—and that is the ultimate virtue.



Kasi Kaye Iliopoulos

Imagination is more important than knowledge. For knowledge is limited to all we now know and understand, while imagination embraces the entire world, and all there ever will be to know and understand.



Albert Einstein

Miseducation is more dangerous than uneducation.



Trung Nguyen

Formal education will make you a living;
self-education will make you a fortune.



Jim Rohn



He who knows others is wise; he who
knows himself is enlightened.

Lao Tzu



The most necessary task of civilization is to teach people how to think. It should be the primary purpose of our public schools. The mind of a child is naturally active, it develops through exercise. Give a child plenty of exercise, for body and brain. The trouble with our way of educating is that it does not give elasticity to the mind. It casts the brain into a mold. It insists that the child must accept. It does not encourage original thought or reasoning, and it lays more stress on memory than observation.

Thomas Edison



If you're thinking like everyone else,
then you are not thinking.

Naturalopist



Intelligence without ambition is a bird without wings.

Salvador Dali

Knowledge is power only when it's applied.

**Do it
Now!**

Naturalopist



Knowing others is intelligence; knowing yourself is true wisdom. Mastering others is strength; mastering yourself is true power.

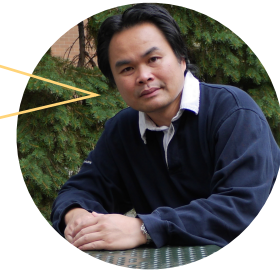
Lao Tzu



The possession of knowledge does not kill the sense of wonder and mystery. There is always more mystery.

Anais Nin

Ideally, our moral guidelines and belief system should be formed from multiple sources to ensure objectivity and completeness.

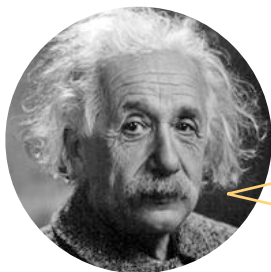


Trung Nguyen

The moment you declare a set of ideas to be immune from criticism, satire, derision, or contempt, freedom of thought becomes impossible.



Salman Rushdie



As our circle of knowledge expands, so does the circumference of darkness surrounding it.

Albert Einstein

You must know all there is to know in your particular field and keep on the alert for new knowledge. The least difference in knowledge between you and another man may spell his success and your failure.



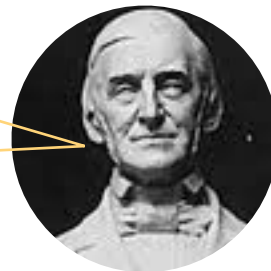
Henry Ford

You must unlearn what you have been programmed to believe since birth. That software no longer serves you if you want to live in a world where all things are possible.



Jacqueline E. Purcell

Good thoughts are no better than good dreams, unless they are executed.



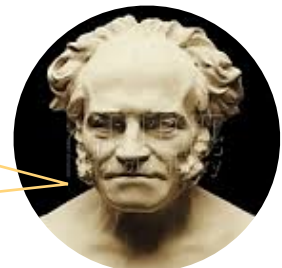
Ralph Waldo Emerson



As the blazing fire reduces wood to ashes, similarly, the fire of Self-knowledge reduces all Karma to ashes.

Bhagavad Gita

Everyone takes their own knowledge for the knowledge of the world.



Arthur Schopenhauer

Objectivity is the mark of an intelligent mind, which is the ability to discern what is right, rather than who is right.

Trung Nguyen



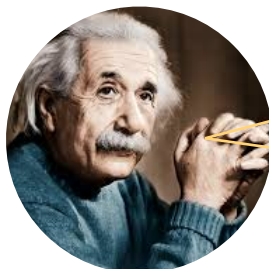
What you don't know will hurt you.

Jim Rohn



Steve Jobs

Much of what I stumbled into by following my curiosity and intuition turned out to be priceless later on.



Albert Einstein

More the knowledge, lesser the Ego;
lesser the knowledge, more the Ego.

I cannot teach anybody anything,
I can only make them think.



Socrates

Nature favours diversity to ensure the propagation
of her creations. Humans would be wise to favour
diversity when adopting knowledge.



Trung Nguyen



T.S. Eliot

We shall not cease from exploration
And the end of all our exploring
Will be to arrive where we started
And know the place for the first time.

Absorb what is useful, discard what is
not, add what is uniquely your own.



Bruce Lee

Nothing in life is to be feared. It is only to be understood.



Marie Curie

If you light a lamp for someone else, it will also brighten your path.



Buddha

The purpose of education is to replace an empty mind with an open one.



Malcolm Forbes

Anyone who stops learning is old, whether at twenty or eighty. Anyone who keeps learning stays young. The greatest thing in life is to keep your mind young.



Henry Ford

QUESTION EVERYTHING

Do not believe in anything simply because you have heard it.

Do not believe in anything simply because it is spoken and rumored by many.

Do not believe in anything simply because it is found written in your religious books.

Do not believe in anything merely on the authority of your teachers and elders.

Do not believe in traditions because they have been handed down for many generations.

But after observation and analysis, when you find that anything agrees with reason and is conducive to the good and benefit of one and all,

then accept it and live up to it.



Buddha

TRUTH

truth

fact, actuality, exactness, certainty, rightness

1. True facts, genuine depiction or statements of reality.
2. That which is real, in a deeper sense; spiritual or “genuine” reality.

There is only one truth.

The truth can be suppressed, detracted, delayed, adulterated, and manipulated. But in the end, the truth always comes out. It is just a matter of time. This is what history has shown us.

The truth escapes many because they're unable to or don't want to reason and be impartial. And most detrimental of all, unable to accept the truth because it would force them to abandon what they've believed was false truth. Who wants to be told they've been lied to all their life? It is our false beliefs, ingrained in us through miseducation, that suppress the truth. In many of us, the unwillingness to accept the truth when it's presented to us is what hinders our growth. Few want to accept that the media, corporations, and religious institutions have swindled them from cradle to grave.

The deduction of truth is encapsulated in these questions: Did the event occur? Is there scientific evidence to prove it? Can third parties verify it? Is it free from emotions and agendas? What we believe to be true is sometimes not the truth, because the truth as told by humans is clouded with emotions and agendas. The truth can be elusive. It is our responsibility to research it, or peel the onion layers as they say.

At the personal level, when we refuse to accept the truth about ourself and our past, it stunts or stops our growth. When we ascribe blame, who are we really faulting?

Three things cannot be long hidden:
the sun, the moon, and the truth.

Buddha



We don't see things as they are,
we see them as we are.

Anais Nin

If freedom of speech is taken away then dumb and
silent we may be led, like sheep to the slaughter.

George Washington



Sometimes people don't want to hear the truth because
they don't want their illusions destroyed.

Friedrich Nietzsche



If you're not careful, the newspapers will have you hating the people who are being oppressed and loving the people who are doing the oppressing.



Malcolm X



Czesław Miłosz

In a room where people unanimously maintain a conspiracy of silence, one word of truth sounds like a pistol shot.



Aristotle

The worst form of inequality is to try to make unequal things equal.

One of the most important things you can do in life is brutally question everything you're taught.



Bryant McGill

The truth will set you free,
but first it will piss you off.

Gloria Steinem



To produce a primary cause which is potentially capable of having an effect, three things are necessary: intention, the actual action, and then satisfaction.



Chögyal Namkhai Norbu



All great truths begin as blasphemies.

George Bernard Shaw

Our actions are the manifestation of our thoughts. If the action is unintended, it is the manifestation of our subconscious thought; if the action is malicious, it is the manifestation of an untrained mind.

Trung Nguyen





Rather than love, than money, than fame, give me truth.

Henry David Thoreau

All truth passes through three stages:
First, it is ridiculed.
Second, it is violently opposed.
Third, it is accepted as self-evident.



Arthur Schopenhauer

Don't believe everything you hear. There are three sides to every story: Yours, Theirs, and The Truth.



Motherly Advice



A lie gets halfway around the world before the truth has a chance to get its pants on.

Winston Churchill

When you have eliminated the impossible, whatever remains, however improbable, must be the truth.

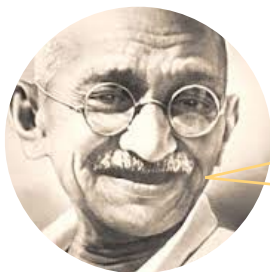


Arthur Conan Doyle



Enlightenment is the key to everything, and it is the key to intimacy, because it is the goal of true authenticity.

Marianne Williamson



Truth never damages a cause that is just.

Mahatma Gandhi



The only people who are mad at you for speaking the truth are those living a lie. Keep speaking the truth.

Naturalopist



There is no god higher than truth.

Mahatma Gandhi



People do not like to think. If one thinks, one must reach conclusions. Conclusions are not always pleasant.

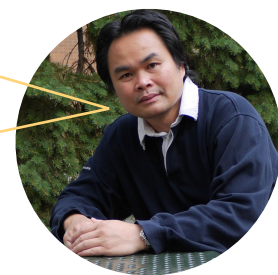
Helen Keller



Sometimes people hold a core belief that is very strong. When they are presented with evidence that works against that belief, the new evidence cannot be accepted. It would create a feeling that is extremely uncomfortable, called cognitive dissonance. And because it is so important to protect the core belief, they will rationalize, ignore and even deny anything that doesn't fit in with the core belief.

Frantz Fanon

The best idea has to win, regardless of who or where it originated.



Trung Nguyen



The path of truth is the path of peace.

Buddha



Science, my lad, is made of mistakes, but they are mistakes which are useful to make, because they lead little by little to the truth.

Jules Verne

A teacher is never a giver of truth, he is a guide, a pointer to the truth that each student must find for themselves.



Bruce Lee

Many people, especially ignorant people, want to punish you for speaking the truth, for being correct, for being you. Never apologize for being correct, or for being years ahead of your time. If you're right and you know it, speak your mind. Even if you are a minority of one, the truth is still the truth.



Mahatma Gandhi

THE MEDIA IS PROPAGANDA

Edward George Ruddy died today! Edward George Ruddy was the Chairman of the Board of the Union Broadcasting Systems and he died at eleven o'clock this morning of a heart condition! And woe is us! We're in a lot of trouble!

So, a rich little man with white hair died. What does that got to do with the price of rice, right? And why is that woe to us?

Because you people and 62 million other Americans are listening to me right now.
Because less than 3 percent of you people read books.
Because less than 15 percent of you read newspapers.
Because the only truth you know is what you get over this tube.

Right now, there is a whole, an entire generation that never knew anything that didn't come out of this tube.

This tube is the gospel, the ultimate revelation.
This tube can make or break presidents, popes, prime ministers.
This tube is the most awesome goddamn force in the whole godless world.



And woe is us if it ever falls into the hands of the wrong people.
And that's why woe is us that Edward George Ruddy died.

Because this company is now in the hands of CCA—the Communication Corporation of America. There's a new Chairman of the Board, a man called Frank Hackett, sitting in Mr. Ruddy's office on the 20th floor. And when the 12th largest company in the world controls the most awesome goddamn propaganda force in the whole godless world, who knows what shit will be peddled for truth on this network.

So, you listen to me. Listen to me! Television is not the truth. Television's a goddamn amusement park. Television is a circus, a carnival, a traveling troupe of acrobats, storytellers, dancers, singers, jugglers, sideshow freaks, lion tamers, and football players.

We're in the boredom-killing business.

So if you want the Truth, go to your gurus. Go to yourselves!
Because that's the only place you're ever gonna find any real truth.



But, man, you're never gonna get any truth from us. We'll tell you anything you wanna hear. We lie like hell. We'll tell you that Kojak always gets the killer and that nobody ever gets cancer at Archie Bunker's house. And no matter how much trouble the hero is in, don't worry. Just look at your watch. At the end of the hour, he's gonna win. We'll tell you any shit you want to hear.

We deal in illusions, man. None of it is true! But you people sit there, day after day, night after night—all ages, colors, creeds. We're all you know!

You're beginning to believe the illusions we're spinning here!

You're beginning to think that the tube is reality and that your own lives are unreal.

You do whatever the tube tells you—

You dress like the tube. You eat like the tube. You raise your children like the tube. You even think like the tube.

This is mass madness, you maniacs! You people are the real thing.
We are the illusion!

So turn off your television sets. Turn them off now! Turn them off right now! Turn them off and leave them off. Turn them off right in the middle of this sentence I'm speaking to you now.

Turn them off!

Howard Beale
Network Movie, 1976



ORIGIN

evolution

change, growth, development, progression, transformation, natural process

1. The change in the genetic composition of a population over successive generations.

abiogenesis

spontaneous order, spontaneous generation

1. The natural process of life arising from non-living matter such as simple inorganic compounds.

The origin of life debate consists of two camps: Evolutionists versus Creationists. Or science versus religion, abiogenesis versus biogenesis, empirical evidence versus myth, and Darwinism versus Creationism. These theories are incompatible with each other. In many cases, they contradict each other. However, there is only one truth.

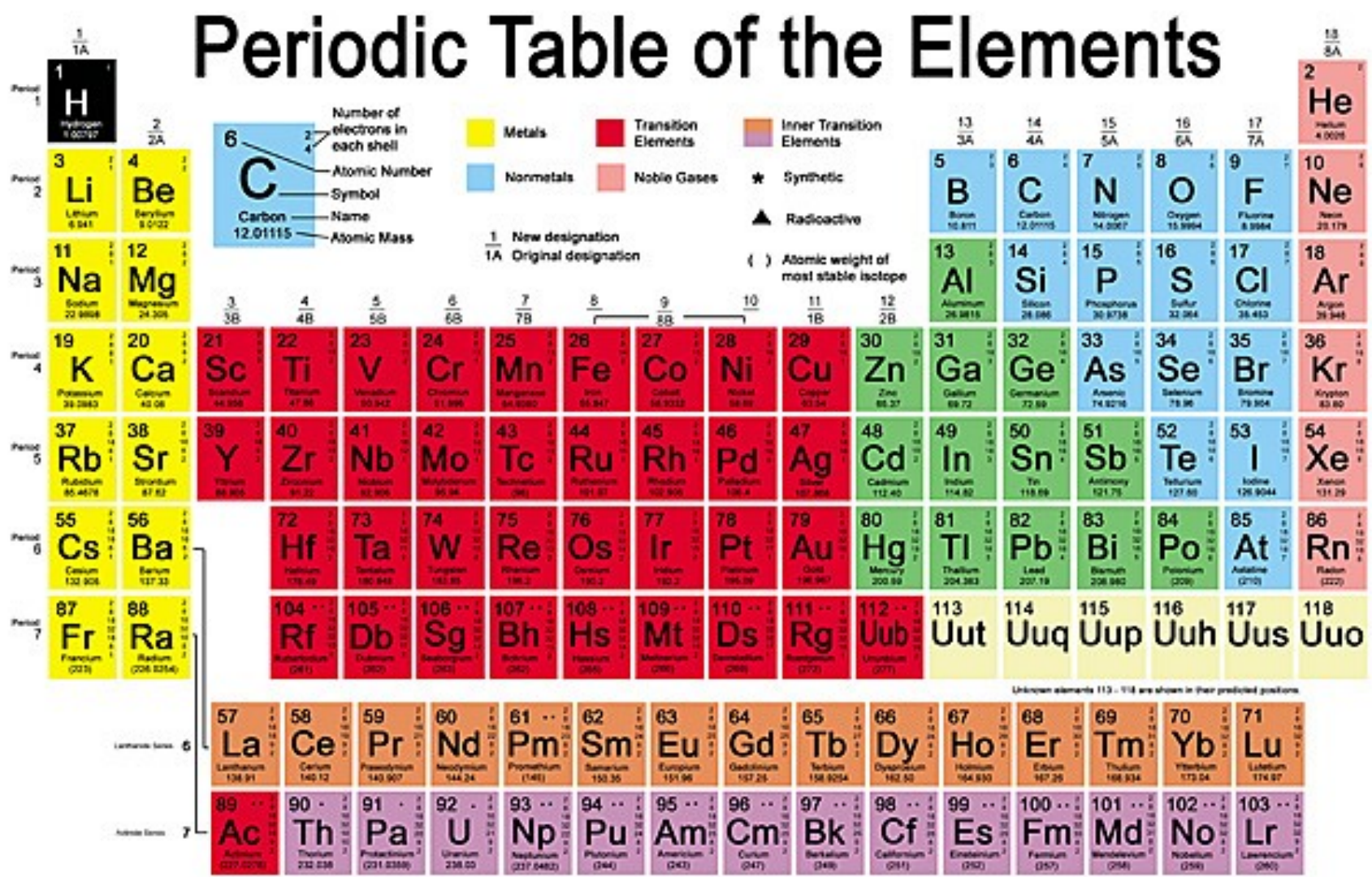
Creationists believe that roughly 6,000 - 10, 000 years ago, god created the Universe and Earth in 6 days and rested on the 7th day, thus Sunday. Creationists also believe in biogenesis—that only living organisms can create other living organisms. Creationists point to the Periodic Table of the Elements, in which all the elements that make up the Universe are inorganic (not living matter, not biological). Therefore, if everything in the Universe is made of inorganic elements, how did organic (biological) life originate from lifeless matter? Creationists also point to the astounding large odds to dismiss the theory of entropy (randomness). Creationists also point to the “missing link” in the theory of evolution—if humans evolved from apes, then why are apes still around?

entropy

decay, breakup, randomness, degeneration, disorder

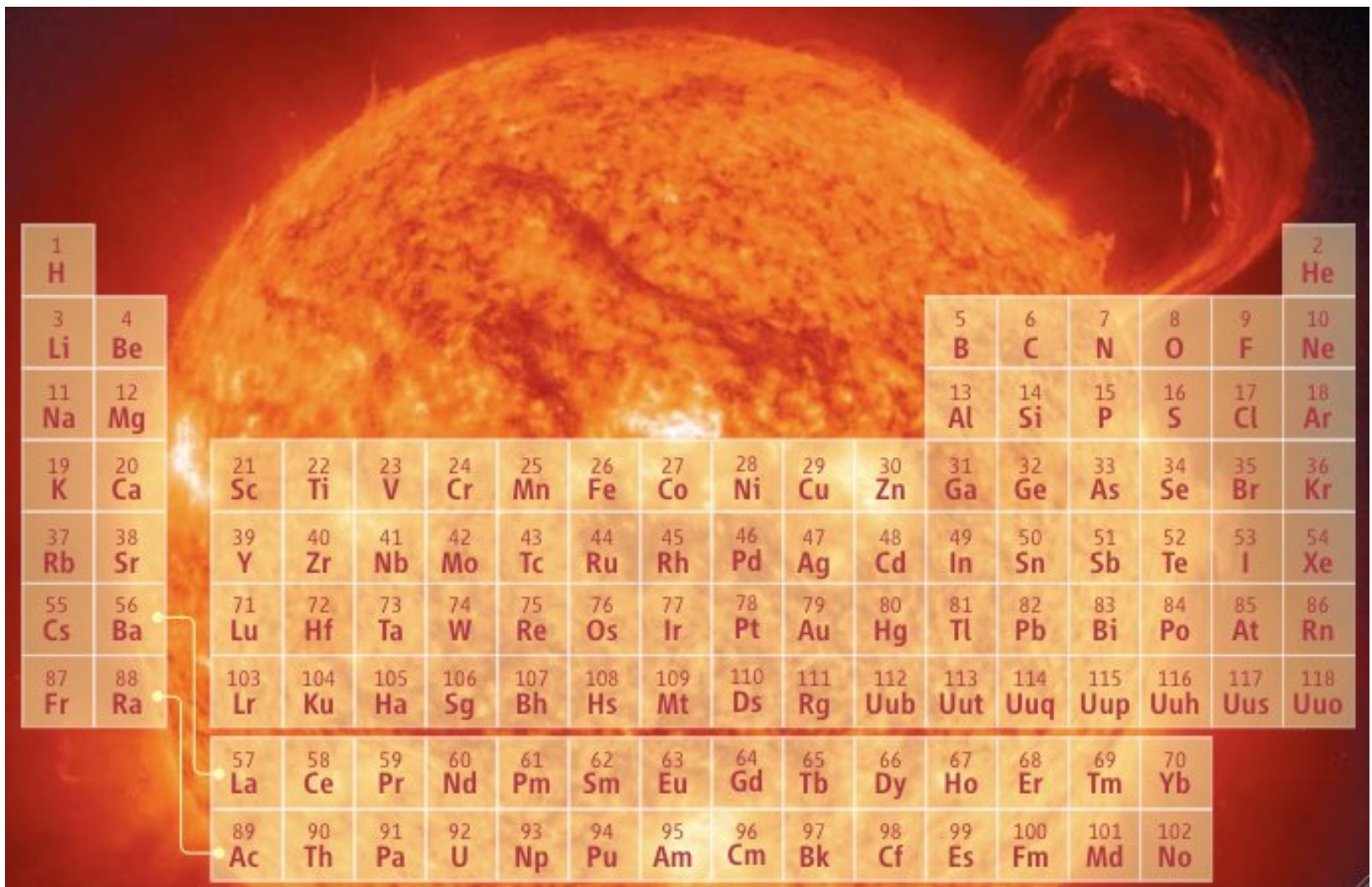
- 1. In thermodynamics, entropy (usual symbol S) is a measure of the number of specific ways in which a thermodynamic system may be arranged, commonly understood as a measure of disorder.
- 2. The tendency of a system that is left to itself to descend into chaos; uncountable.

Note the Periodic Table of the Elements below. It is believed that everything in the cosmos, including humans, is made of the elements listed below. Elements, such as hydrogen and oxygen, are made of atoms; which in turn are made of electrons, protons, and neutrons; which in turn are made of quarks; which in turn are made of the Higgs Boson elemental particle, or particles. For example, the content of the Sun is 71% hydrogen (H) and 27.1% helium (He). In the fantastically hot furnace of the Sun’ core, hy-



drogen and helium (both elements) are fused into heavier elements, such as oxygen(O), carbon(C), nitrogen(N), silicon(Si), magnesium(Mg), neon(Ne), sulfur(S), and iron(Fe). This is an example of how small things become big things in an entropic system, and how simple things become complex things.

When a star, such as our Sun, explodes (supervnova, dies), it gets unimaginably hot and in the process, heavier elements are created, giving birth to asteroids, moons, plan-

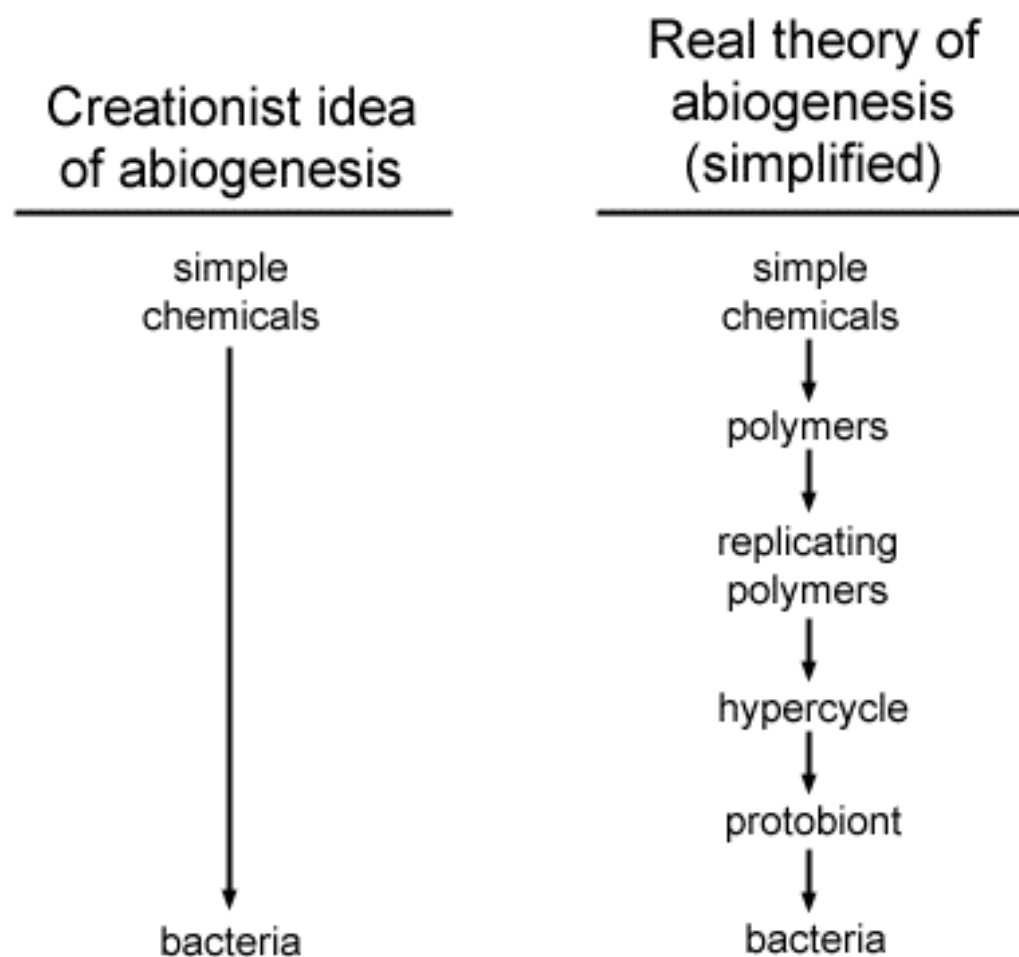


ets, and sometimes new stars. From the inner workings of the Sun, we see a common pattern: given enough time and with the right energy and condition, smaller things become bigger things and simple things become complex things.

However, if everything in the cosmos is made of inorganic elements, how is it possible that biological lifeforms such as plants and humans originated from those lifeless matter? This is the abiogenesis versus biogenesis debate. Creationists believe in biogenesis—that only organic organisms can give life to other organic organisms.

Again, when small things are left alone, with enough time, energy, and entropy working for them, small things become bigger, complex things. Small things amalgamate,

fuse, rearrange, synthesize, and even reproduce. For example, a common compound is water (H₂O), which is made of two elements: hydrogen (H) and oxygen (O).



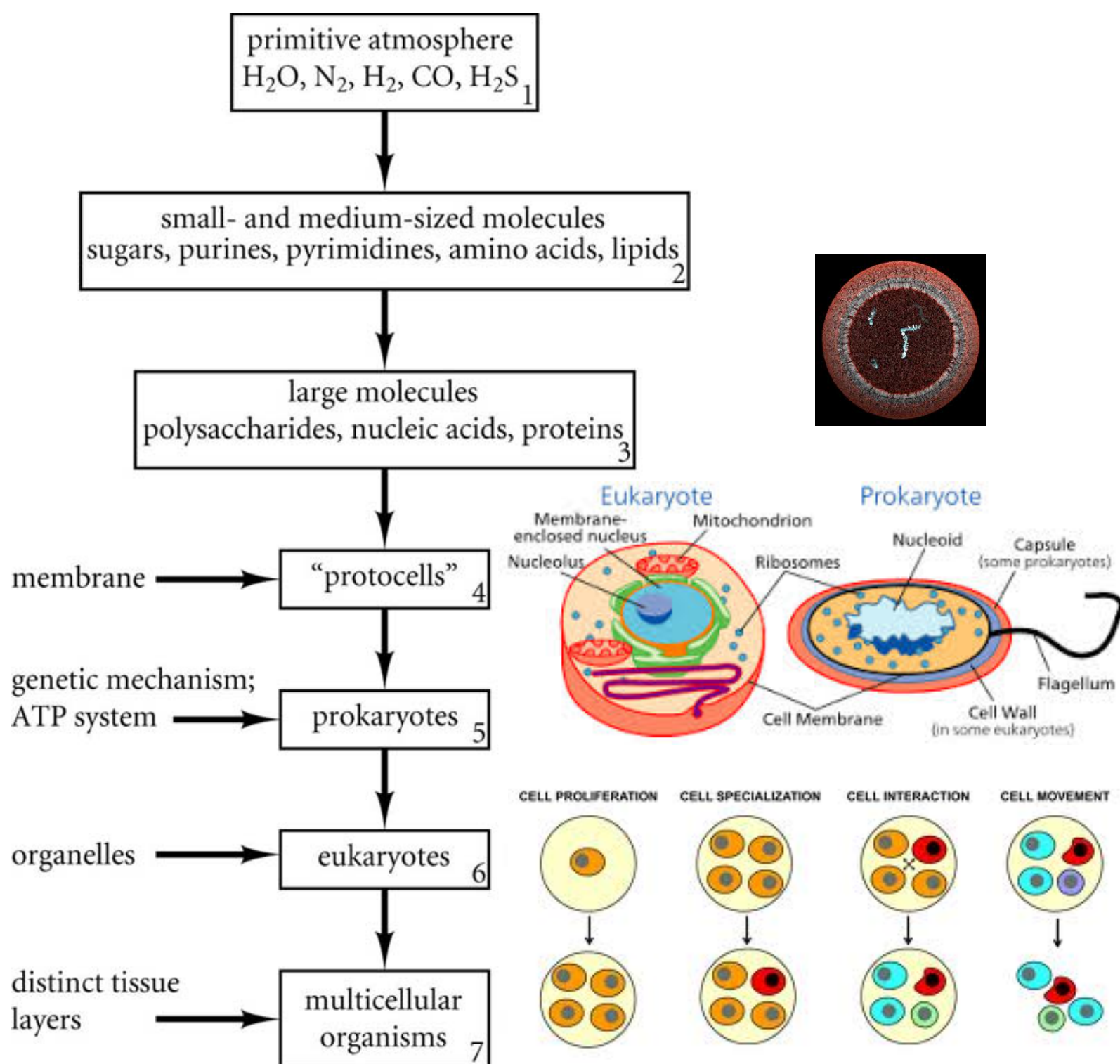
We are infinitesimally small in the infinitely massive cosmos. Our concept of time is in days, weeks, months, and decades—any period longer than eight decades is history to most of us. This is how eighty years looks like: 80 years. Now, imagine 3.55 billion years, or 4.55 billion years, or 13.7 billion years:

- 80 years (average lifespan of many humans)
- 3, 550, 000, 000 years (estimated age of first organic, multicellular organism)
- 4, 550, 000, 000 years (age of Earth)
- 13, 780, 000, 000 years (age of Universe)

We have no personal point of reference or any way to comprehend the staggering expanse of “billions” of years. We only say the billions as a number with a decimal. But behind those billions of years are the processes of entropy and abiogenesis at work. Then add **energy** from radiation, lightning, volcanic eruption, or other energy sources and we have the blueprint for our genetic material.

With enough time, elements amalgamate into simple-inorganic compounds, simple compounds into complex compounds; when energy is added, inorganic compounds turn into organic compounds, organic compounds into molecules, molecules into cells, cells into microbes; microbes and cells into tissues, tissues into organs, organs into multiple organs; into small species, and eventually into humans. It is estimated that the human body has about 100 trillion cells, which varies depending on the mass of the person.

Just like the Sun is comprised of smaller parts, the human body is also comprised of smaller parts. These smaller parts of the Sun and the human body have their beginnings from the Periodical Table of the Elements. And with the blessing of time, entropy, and energy, those elements evolved to form complex, organic matter.



Darwin's Theory Of Evolution—The Premise



Darwin's Theory of Evolution is the widely held notion that all life is related and has descended from a common ancestor: the birds and the bananas, the fishes and the flowers—all related. Darwin's general theory presumes the development of life from non-life and stresses a purely naturalistic (undirected) “descent with modification”. That is, complex creatures evolve from more simplistic ancestors naturally over time. In a nutshell, as random genetic mutations occur within an organism's genetic code, the beneficial mutations are preserved because they aid survival—a process known as “natural selection.” These beneficial mutations are passed on to the next generation. Over time, beneficial mutations accumulate and the result is an entirely different organism (not just a variation of the original, but an entirely different creature). —www.darwins-theory-of-evolution.com

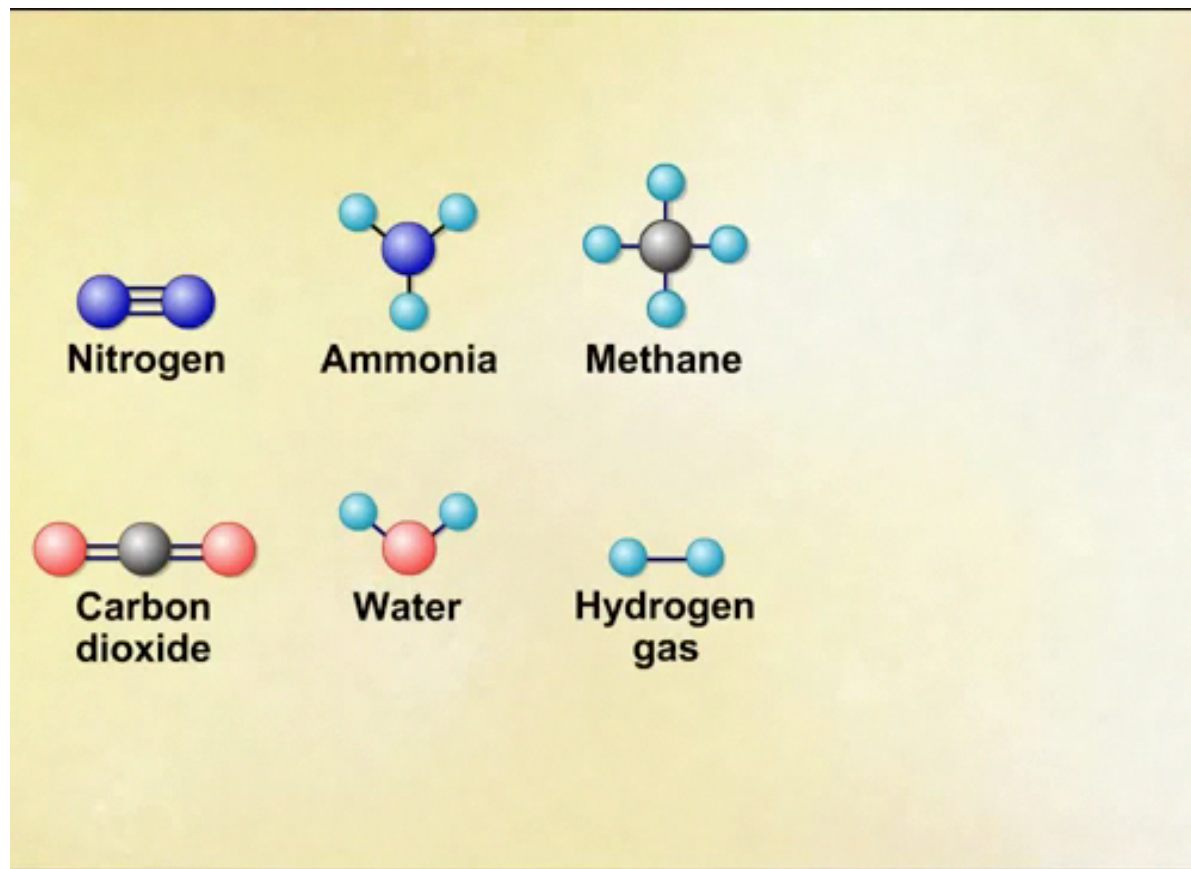
The Missing Link

Creationists point to a perceived flaw in Darwin's theory of evolution: If humans evolved from apes, then why are apes still around? Darwin's theory postulates that humans shared a common ancestor as apes—we did not directly evolve from apes. Therefore, there is no missing link.

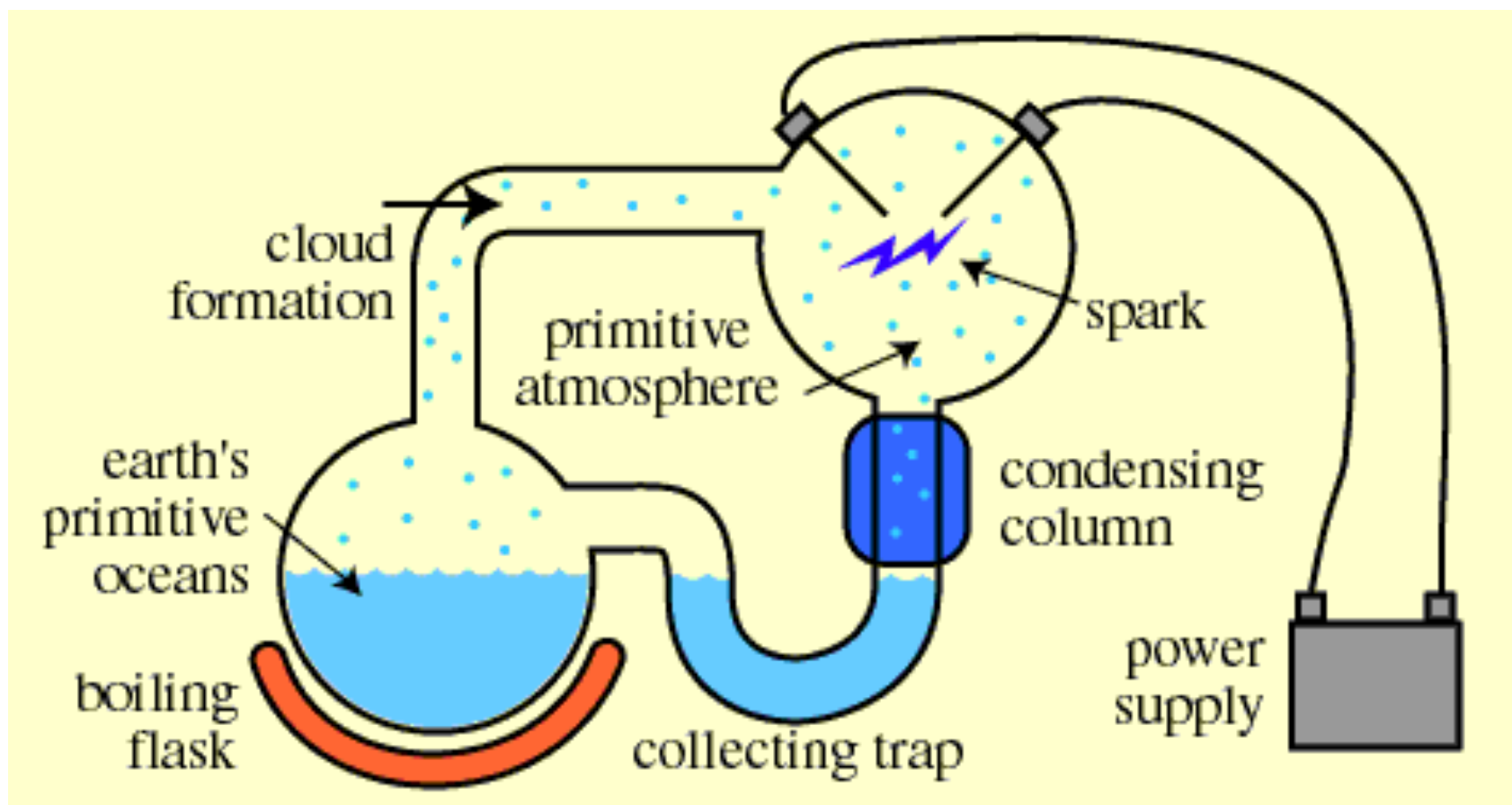
The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

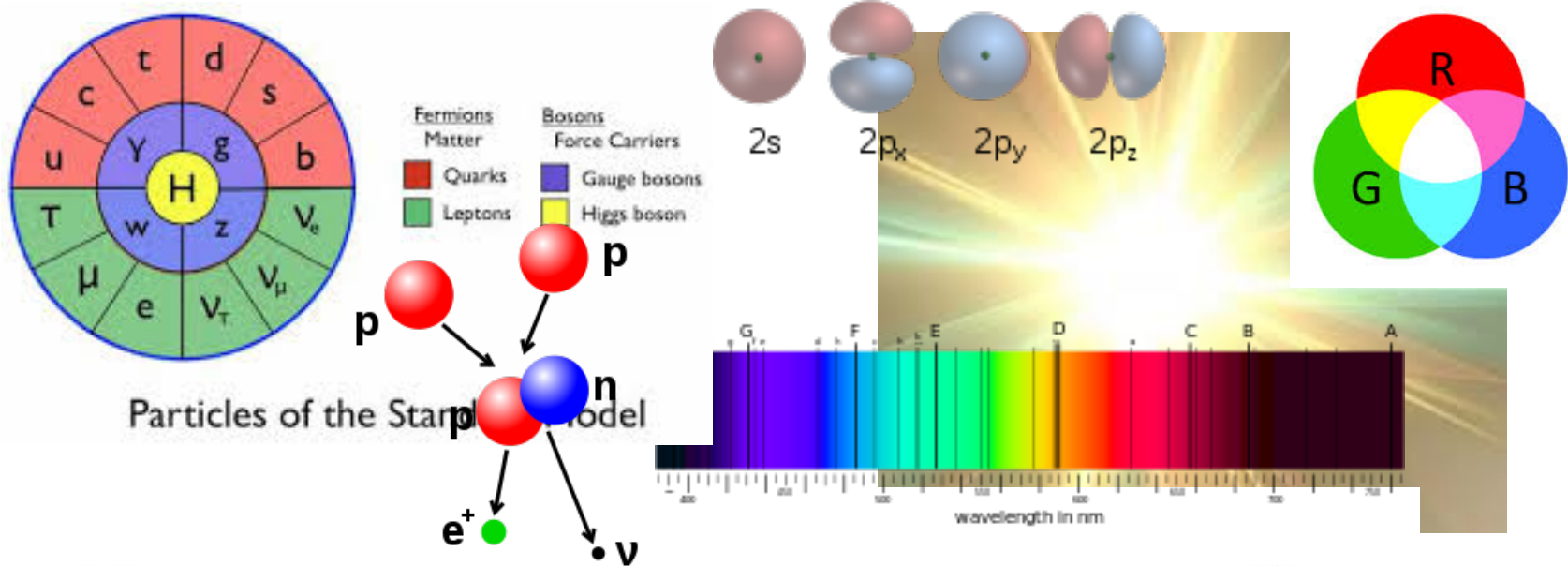
Video: Urey-Miller Experiment, 1953



Turning the inorganic into the organic. Video courtesy of Dr. Prodigious HD Animations.







GROUP 1

1

H

hydrogen

[1.007 - 1.009]

GROUP 2

2

He

helium

[4.003]

3

Li

lithium

[6.938 - 6.997]

4

Be

beryllium

[9.012]

11

Na

sodium

[22.99]

12

Mg

magnesium

[24.31]

19

K

potassium

[39.10]

20

Ca

calcium

[40.08]

37

Rb

rubidium

[85.47]

38

Sr

strontium

[87.62]

55

Cs

caesium

[132.9]

56

Ba

barium

[137.3]

87

Fr

francium

[223]

88

Ra

radium

[226]

21

Sc

scandium

[44.96]

22

Ti

titanium

[47.87]

39

Y

yttrium

[88.91]

40

Zr

zirconium

[91.22]

57-71

lanthanoids

72

Hf

hafnium

[178.5]

23

V

vanadium

[50.94]

24

Cr

chromium

[52.00]

41

Nb

niobium

[92.91]

42

Mo

molybdenum

[95.94]

73

Ta

tantalum

[180.9]

74

W

tungsten

[183.8]

25

Mn

manganese

[54.94]

26

Fe

iron

[55.85]

43

Tc

technetium

[98]

44

Ru

ruthenium

[101.1]

75

Re

rhenium

[186.2]

76

Os

osmium

[190.2]

27

Co

cobalt

[58.93]

28

Ni

nickel

[58.69]

45

Rh

rhodium

[102.9]

46

Pd

palladium

[106.4]

77

Ir

iridium

[192.2]

78

Pt

platinum

[195.1]

29

Cu

copper

[63.55]

30

Zn

zinc

[65.38]

47

Ag

silver

[107.9]

48

Cd

cadmium

[112.4]

79

Au

gold

[197.0]

80

Hg

mercury

[200.6]

31

Ga

gallium

[69.72]

32

Ge

germanium

[72.63]

49

In

indium

[114.8]

50

Sn

tin

[118.7]

81

Tl

thallium

[204.3 - 208.4]

82

Pb

lead

[208.2]

51

Sb

antimony

[121.8]

52

Te

tellurium

[127.6]

83

Bi

bismuth

[208.2]

84

Po

polonium

[209]

53

I

iodine

[126.9]

54

Xe

xenon

[131.3]

85

At

astatine

[210]

86

Rn

radon

[222]

13

B

boron

[10.80 - 10.83]

14

C

carbon

[12.00 - 12.02]

15

N

nitrogen

[14.00 - 14.01]

16

O

oxygen

[15.99 - 16.00]

33

As

arsenic

[74.92]

34

Se

selenium

[78.96]

51

Sb

antimony

[121.8]

52

Te

tellurium

[127.6]

83

Bi

bismuth

[208.2]

84

Po

polonium

[209]

113

Uut

Ununtrium

[284]

114

Uuq

Ununquadium

[289]

115

Uup

Ununpentium

[288]

116

Uuh

Ununhexium

[292]

117

Uus

Ununseptium

[294]

118

Uuo

Ununoctium

[294]

atomic number

26

white (w) - gas state at 0 °C

Fe

chemical symbol

Fe

chemical name

iron

standard atomic weight

55.85

(lower - upper) bounds

(lowest) no stable isotopes

Element Categories

actinoids

alkali metals

alkaline metals

other metals

transition metals

lanthanoids

metalloids

nonmetals

halogens

noble gases

unknown elements

Electron Configuration Blocks

s

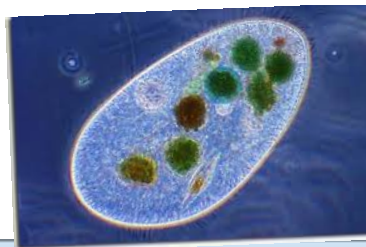
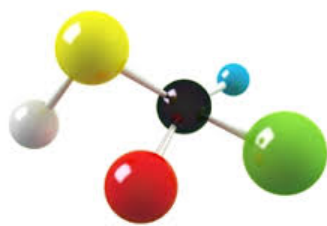
d

p

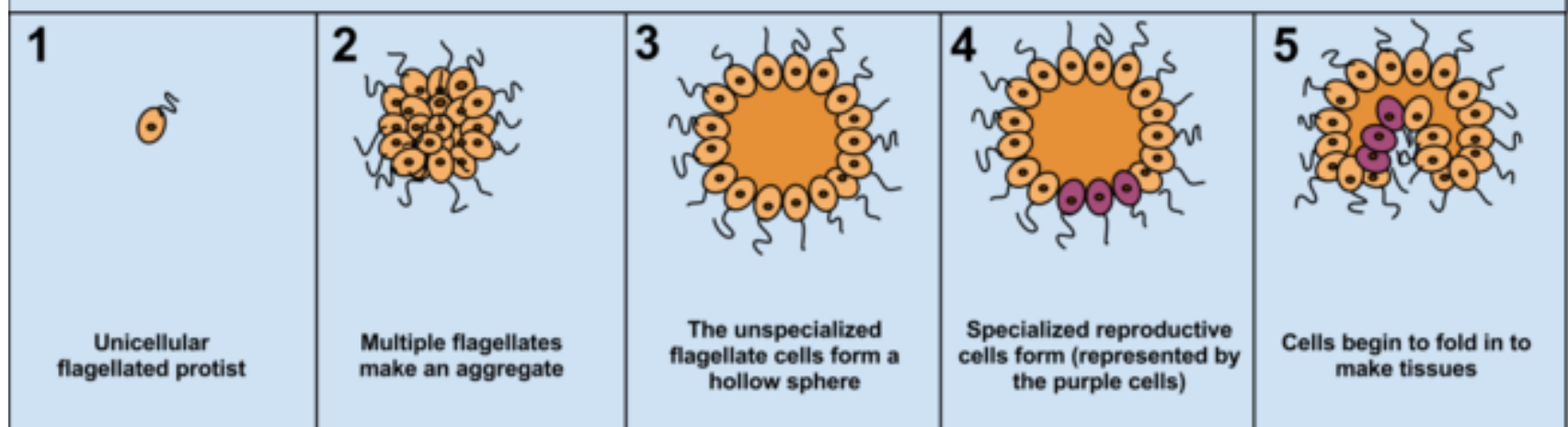
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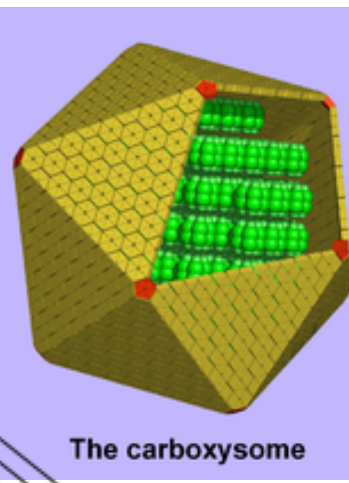
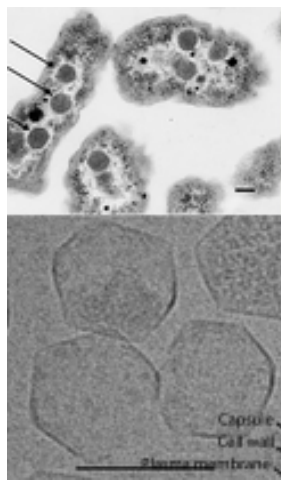
Natural Occurrence: ☐ primordial, ☐ from decay, ☐ synthetic

57 La	58 Ce	59 Pr	60 Nd	61 Pm	62 Sm	63 Eu	64 Gd	65 Tb	66 Dy	67 Ho	68 Er	69 Tm	70 Yb	71 Lu
89 Ac	90 Th	91 Pa	92 U	93 Np	94 Pu	95 Am	96 Cm	97 Bk	98 Cf	99 Es	100 Fm	101 Md	102 No	103 Lr



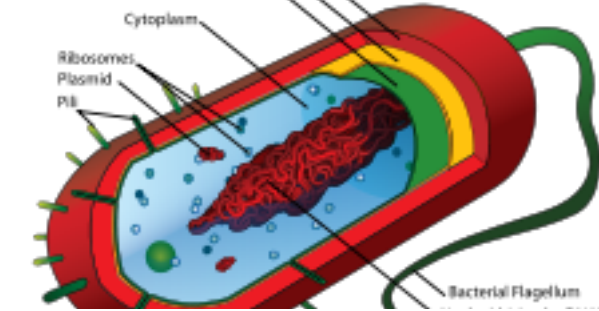
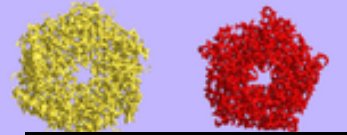
Colonial Flagellate Hypothesis



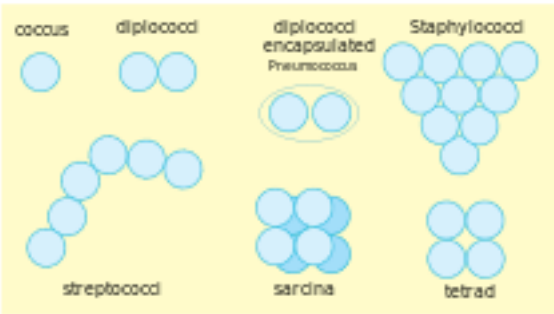


Enzymes and shell proteins

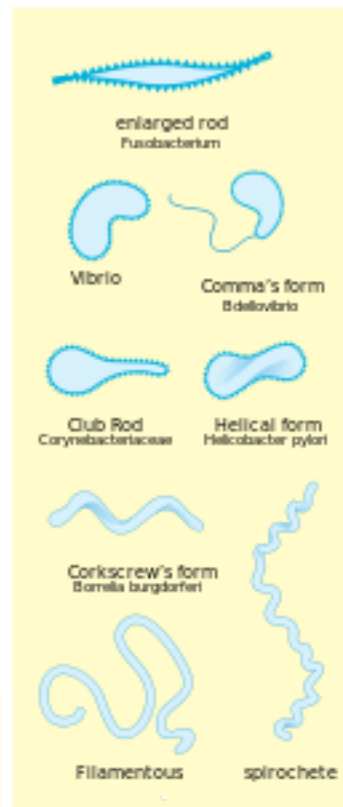
RuBisCO



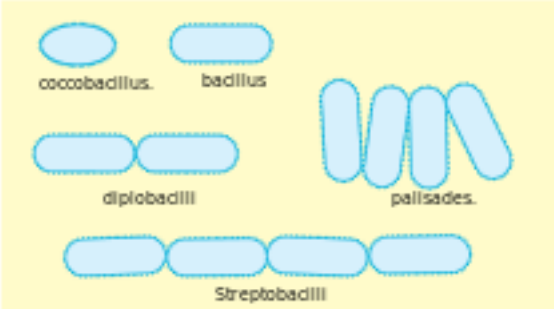
Cocci



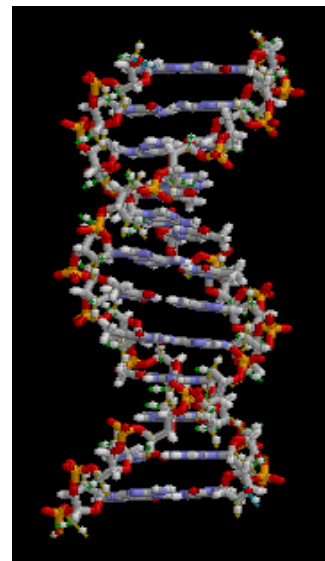
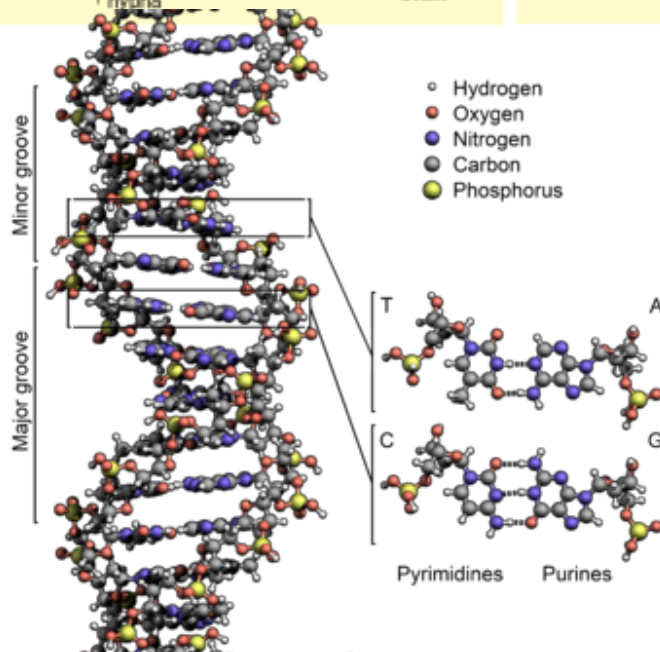
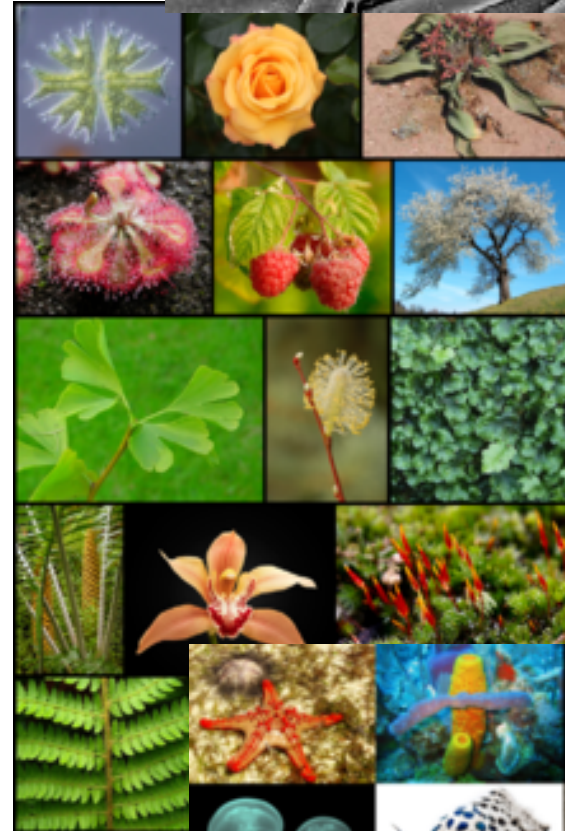
Others



Bacilli



Budding and appendaged bacteria





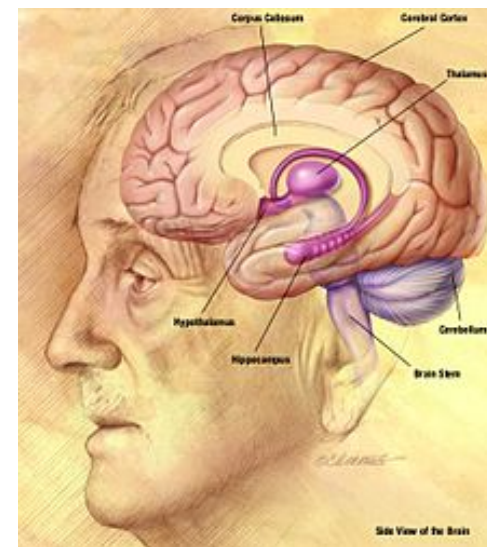
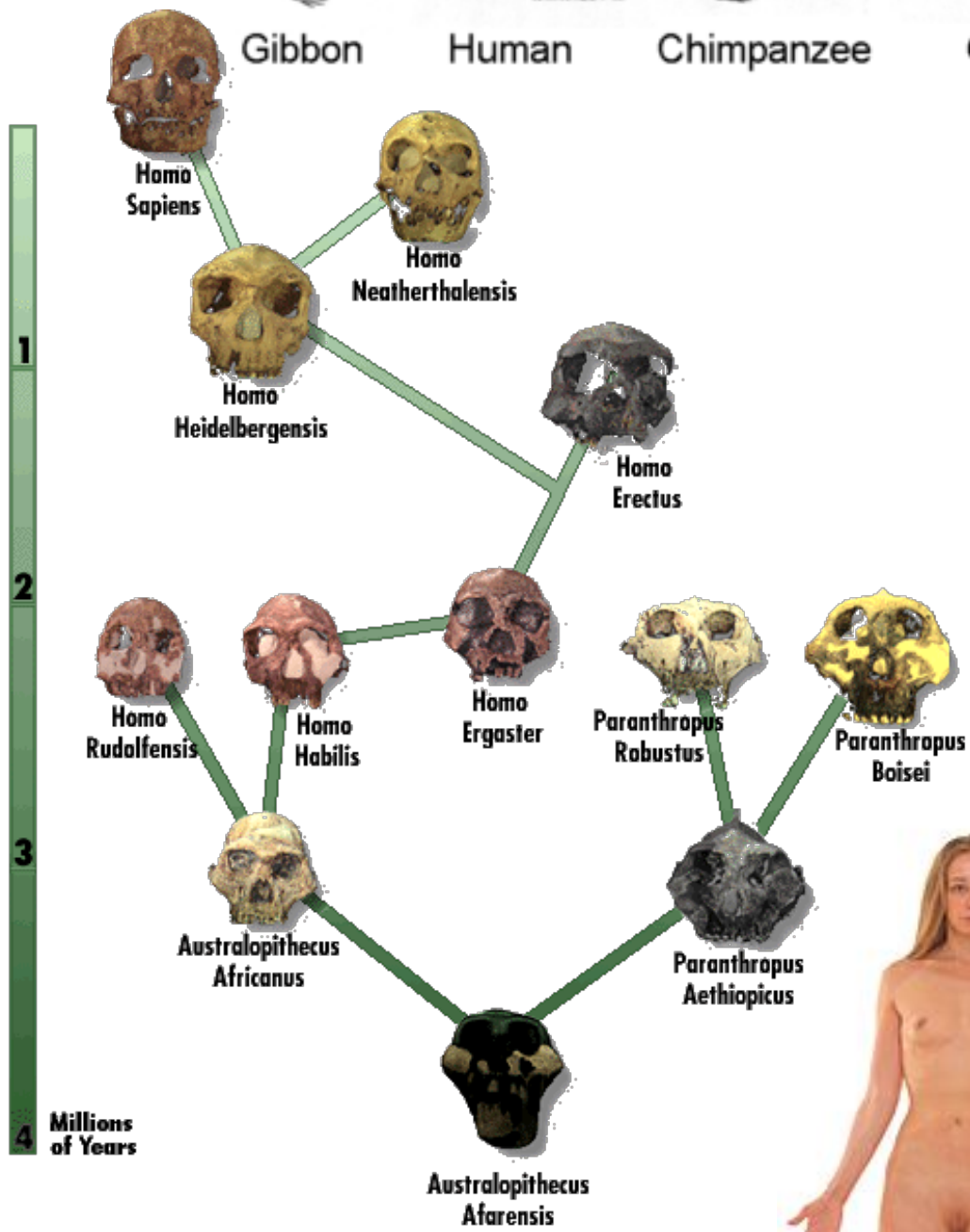
Gibbon

Human

Chimpanzee

Gorilla

Orangutan



THE PALE BLUE DOT

Our planet is a lonely speck in the great
enveloping cosmic dark...

Consider again that dot.

That's here.

That's home.

That's us.

On it everyone you love,
everyone you know,
everyone you ever heard of,
every human being who ever was,
lived out their lives.

The aggregate of our joy and suffering,
thousands of confident religions, ideologies, and economic doctrines,
every hunter and forager,
every hero and coward,
every creator and destroyer of civilization,
every king and peasant,
every young couple in love,
every mother and father, hopeful child, inventor and explorer,
every teacher of morals,
every corrupt politician,
every "superstar,"
every "supreme leader,"
every saint and sinner in the history of our species lived there—

on a mote of dust suspended in a sunbeam.



Think of the rivers of blood spilled by all those generals and emperors so that in glory and triumph they could become the momentary masters of a fraction of a dot.

Think of the endless cruelties visited by the inhabitants of one corner of this pixel on the scarcely distinguishable inhabitants of some other corner.

How frequent their misunderstandings, how eager they are to kill one another, how fervent their hatreds.

Our posturings, our imagined self-importance, the delusion that we have some privileged position in the universe, are challenged by this point of pale light.

Our planet is a lonely speck in the great enveloping cosmic dark.

In our obscurity—in all this vastness—there is no hint that help will come from elsewhere to save us from ourselves.

The Earth is the only world known, so far, to harbor life. There is nowhere else, at least in the near future, to which our species could migrate. Visit, yes. Settle, not yet. Like it or not, for the moment,

the Earth is where we make our stand.



Carl Sagan

HUMANITY

NATURALOPY

CELEBRATING HUMANITY

Nature favours diversity to ensure the propagation of her creations; Humanity would be wise to also favour diversity when adopting knowledge. Although diverse and in silos, the foundation for our moral guidelines and belief system have been formulated by Humans before us and those still with us. There is no need to attribute to the gods what Humanity has accomplished. The Sumerians, Babylonians, Persians, Greeks, Egyptians, Romans, Mayans, and other great civilizations of the past once believed in gods. However, their faith did not save their civilizations.

If we are to co-exist, live peacefully, and advance together as a species, we need to abandon our gods, because fables and science are incompatible.

Since time immemorial, our ancestors have conjured ingenious myths and fables to explain the six primary metaphysical questions of existence (the BIG questions):

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

Independently, for millennia, in different continents of the world, small groups of men congregated and concluded that humans could not adequately answer these existential

questions. Therefore, due to our ancestors's limited knowledge of the physical world at the time, they used their brilliant imagination. The answers to these pressing questions were deferred to a higher power, an omnipotent figure or a group of them—god or gods. Within each region of the world, ideas were borrowed and passed down from one religion to another, and as a result of empire building, several religions crossed continents and became pervasive in daily life.

As we are still witnessing, due to perpetual conflict, religion is extremely intrusive and problematic on a global scale. The Jews are still fighting Muslims in Israel-Palestine; Jews and Christians are often at loggerheads; Muslim sects are fighting each other throughout the Middle East; Christians are occupying Muslim countries; and Muslims are persecuting Christians in certain parts of the Middle East. It's a quagmire of hate, and this pattern of hate continues despite the fact that Christianity, Judaism, and Islam are all Abrahamic religions—they share the same root. Each one espouses peace as a central tenet of its religion, but we know it is very different in practice.

The inconsistencies, contradictions, and absurdities of every major religion are so glaring and abundant that it would take an encyclopedia to distill, and even chaff.

Three Religions, One Root, Dozens of Denominations, Countless Interpretations...In Perpetual conflict

First, take the Christians. The Christians believe in the Old Testament and the New Testament bibles, but do not believe in the Torah (Jewish holy book) or Quran (Muslim holy book). Christians believe that Jesus Christ is the Son of God sent by god himself to deliver men from their sins. In the Holy Trinity (conceptualized by Theophilus of Antioch, 412 AD.), Christians believe Jesus Christ is the Son of God, the Holy Spirit, and God himself—a 3 for 1 special. The Christian Holy Bible has been translated and re-interpreted several dozen times; therefore, no one knows how different it really is from the original text, if one did exist.

The Christians have been waiting for over 2,000 years for the second coming of their prophet, Jesus Christ.

500 AD: The Kingdom of Heaven is upon us.

1000 AD: The Kingdom of Heaven is upon us.

1500 AD: The Kingdom of Heaven is upon us.

2000 AD: The Kingdom of Heaven is upon us.

The Kingdom of Heaven is never upon us, for one strange reason or another.

Second, take the Jews. The Jews believe in the Old Testament and the Torah (Talmud), but not the New Testament nor the Quran nor Jesus Christ. The Jews believe Jesus Christ and Muhammad were false prophets. The Jews also believe that they are the Chosen People of god and have been waiting over 5,000 years for their Messiah to appear on Earth. For reasons not generally agreed upon, the Jews have been the most persecuted people in all of Humanity.

Third, take the Muslims. The Muslims believe in every Abrahamic holy book: Old Testament, New Testament (Holy Bible), Torah, and especially Islam's Quran. They also believe in all the Abrahamic prophets and messengers, such as Noah, Moses, Daniel, Elijah, Jesus Christ, and particularly Muhammad. Muslims believe that Muhammed was a prophet and a Messenger of God. Essentially, the Islamic religion is based on the account of one man who claimed he had received the words and will of god through the angel Gabriel. This is religious nuttery at its finest.

The religious madness continues when all the sects (movements, denominations) of each major religion are taken into consideration. The confusion and obfuscation are endless since each group has subgroups (branches) with their own interpretation of the "holy" scriptures. As examples:

Christianity: Catholic, Orthodox, Lutheran, Anglican, Mormon, Jehovah's Witness, Protestant, and so on.

Judaism: Orthodox, Conservative, Reform, Reconstructional, Hasidism, Kabbalah, and so on.

Islam: Ahmadiyya, Ibadi, Shia, Sufism, Sunni, Wahhabi, Nation of Islam, and so on.

If the word of god is final, then why is it so different? And why are there so many of them? And why do they utterly contradict each other? If we just skim the surface of religion, it would be reasonable to conclude that religion was created like TV channels:

at some point a group felt their interests were not being represented and decided to create a new channel (branch, denomination, sect, group). In this new channel, they concocted whatever they needed in order to attract and appease followers. As long as the sheep watched one channel, everything made sense, and considered divine and brilliant. However, as soon as the followers switched channels (self-education), nothing made sense anymore. There were inconsistencies, absurdities, and bull manure—piles and piles of it. Is it any wonder that the phrase “holy shit” is a cultural lexicon? However, we should applaud our ancestors for having wove brilliantly imaginative stories to explain the nature of existence.

Despite advances in communication, technology, education, and science, the moral guidelines and belief systems of most humans are still grounded in myths and fables. Like children reading fairy tale stories, these religious adherents believe *their* magical wizard exists. They cling to the absurd notion that their magical wizard has chosen them as its favourite children, to the exclusion of others—religion divides, Humanity unites. For these reasons, much of the strife and suffering in the world can be attributed to the divisive nature of religion.

Atavistic: characterized by reversion to something ancient or ancestral;
of a throwback or exhibiting primitivism.

Those who seek comfort in religion have an atavistic worldview—they hold onto the past because the present and future may be unpleasant for them, or they refuse to face the present and future. They refuse to let go and become objective in their worldview.

Religion: When we don't understand how the world works, make it up.

A sore point among the scientific community is that Abrahamic religions still teach their followers that the Universe and Earth were created 6,000 - 10,000 years ago by god, despite overwhelming scientific evidence against the assertion. Science has shown, using radiometric dating, geological stratigraphy, and helioseismic dating, that the Earth is roughly 4.55 billion years old. However, the generally accepted number among Christians is 6,000, and that figure was derived from counting successive generations since Adam and Eve in the Old Testament.

Miseducation is more dangerous than uneducation.

The Six Existential Questions of Life

There is ample, if not conclusive, evidence to support the theory of abiogenesis. In 1953, scientists Stanley Miller and Howard Urey demonstrated the process in which inorganic molecules mutated to complex organic molecules (amino acids, carbohydrates, nucleic acids) roughly 3.5 billion years ago, paving the way for biological life on Earth.

In 1956, using uranium-lead dating and lead-lead dating methods, geochemist Clair Patterson calculated that the Earth was roughly 4.55 billion years old. Even today, Dr. Patterson's estimate is considered accurate within 20-70 million years.

Recently, scientists have re-enacted the creation of our Universe, the Big Bang, in laboratories, particle accelerators, and computer simulations. The data from scientists working independently around the world places our Universe at roughly 13.7 billion years old. We also know from Nagasaki and Hiroshima that when an atom, invisible to the eyes, is split, it releases enough energy to start a chain reaction powerful enough to destroy a city. From these World War II events and our knowledge that mass and energy are interchangeable, we know that something infinitesimally small has the potential to become massively big under the right conditions—this is the awesome power of Nature.

The truth and answers to life are found in science and education, not in religion. Religion hampers our perspective and understanding of the world. Religion is miseducation. A devout religious person loses precious time; first by miseducation, then by re-education.

Let us ponder the primary existential questions of life, without involving religion.

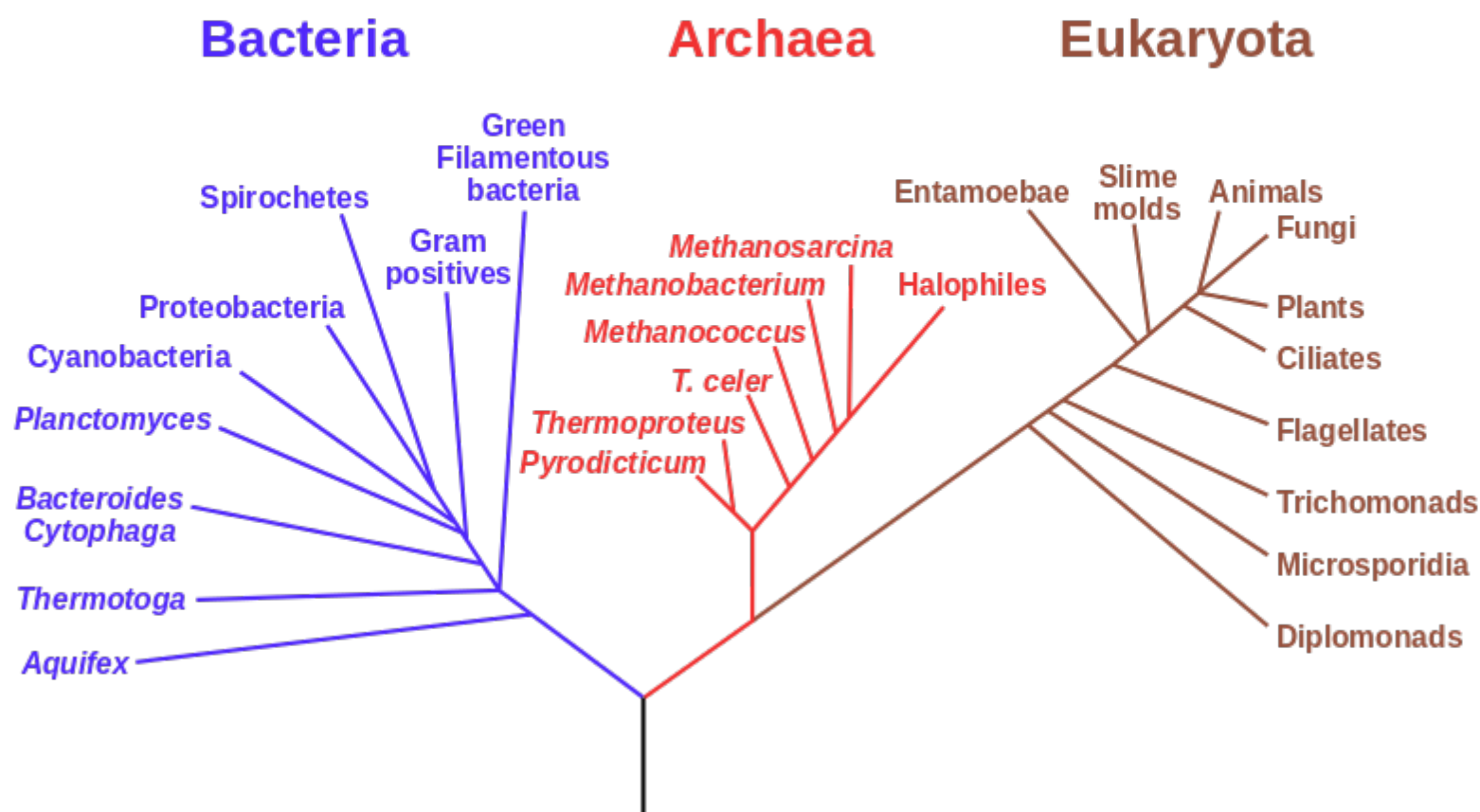
- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

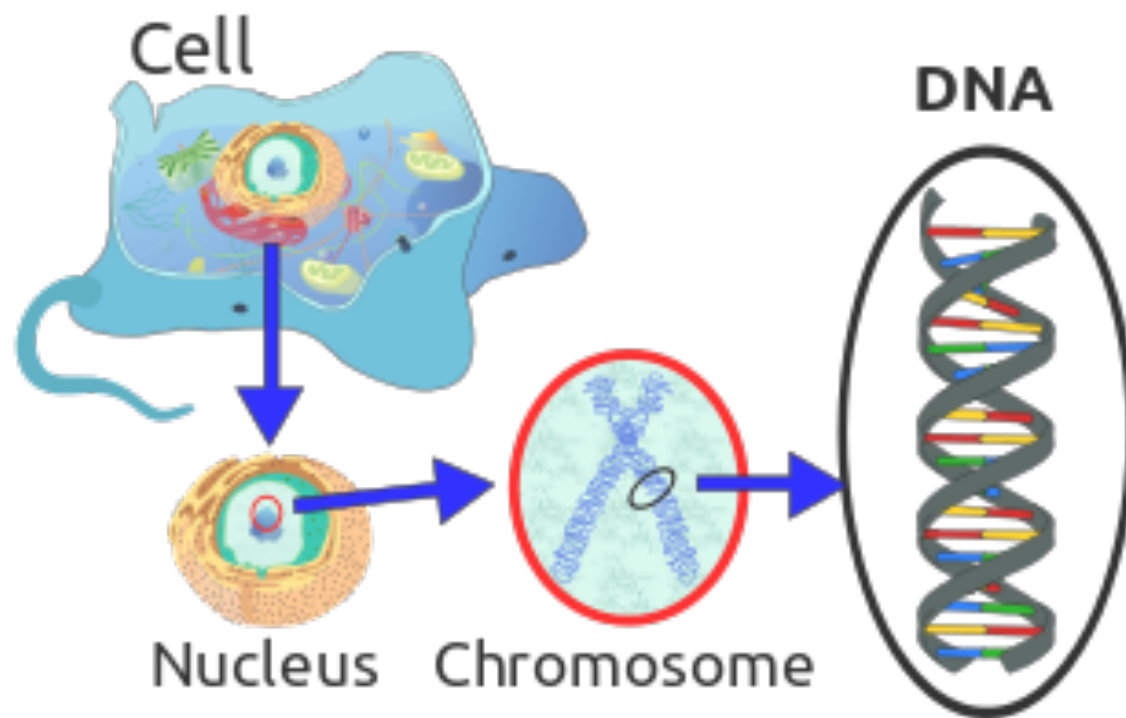
1. Where Did We Come From?

We are all powerful and extraordinary, for we were birthed by the stars. Nature created us through roughly 4.55 billion years of experimentation: from atoms; to chemical elements; to inorganic molecules; to complex-organic molecules; to single-celled organisms; to multicellular organisms of microbes and bacteria; to invertebrates, amphibians, fishes, reptiles, birds, and mammals; then the grand prize of evolution: Homo Sapiens, a thinking and reasoning animal atop the food chain, capable of the greatest vices and virtues.

We are constructed of the same elements as those in the stars: hydrogen, helium, oxygen, carbon, nitrogen, silicon, magnesium, neon, iron, and sulfur. The differences between the elements in our body and those in the Sun are the quantity, ratio, arrangement, and complexity—the fusion of the Sun’s lighter elements created heavier elements, then complex molecules in our body. This fact can be verified with electron microscopes, chemical analysis of our cells, spectral analysis, and carbon dating. We share a common ancestor with every living thing on this planet—the spiritualists knew this without requiring scientific evidence when they stated that “everything is connected to everything else.”

Phylogenetic Tree of Life





The average human body is comprised of roughly 100 trillion cells, each evolved over 3.5 billion years to perform a special function in a specific organ. Contrary to popular belief, humans did not evolve from apes—we share a common ancestor with them, just like we share a common ancestry with a butterfly, tree, lion, flower, and every organism on this Earth. Therefore, there is no “missing link” in Charles Darwin’s theory of evolution.

Whether biological life began on Earth in the ashes of underwater volcanoes or bacteria from asteroids (meteors) or on the surface of oceans, it began very small as microbes, then amalgamated and evolved from there to bigger organisms.



2. What Is Our Purpose In Life?

At the universal level, there is a shared baseline for the purpose of life: eat well, sleep well, mingle well, work well, and enjoy life. Every single study on happiness has shown that our connection to our community is one of the most— many times the most—important factor in how happy we are. Our contribution to our community and connection to Nature form the foundation of happiness and purpose.

At the individual level, the purpose of life is different from person to person. That is, the meaning of life varies depending on the person. It has been said that when we find our passion, we find our purpose. However, history has shown that the most purposeful and remembered lives are those who served Humanity—those who lit the path with glowing lights to show others the way. Their spirits are in this book.

The people who have found their purpose in life share some traits: they went through periods of trial and error before finally deciding what they were good at; they had failed before they succeeded; they enjoy what they do; they feel no need to defend what they do; they view what they do as a passion, not as work or a career; they feel what they do makes a difference in the lives of others; and they give back to their community.

If each and every day of our life, we do something productive that fills our waking hours, that is purpose enough. It will leave the world a better place than we found it.

As Ralph Waldo Emerson wrote, “The purpose of life is not to find yourself, but to *create* yourself.”

The meaning and purpose of life are covered more in depth in Precept 7: Purpose.

3. Why Do Bad Things Happen To Us?

Bad things happen to us for the same reason good things happen to us: the choices we make. The choices we make in life are cumulative and eventually end in consequence. When we made bad decisions, we were either ignorant of the repercussion or had a subconscious desire for the outcome. Summarily, good or bad things happen according to karma—the law of cause and effect. What goes around, comes around.

Of course there are exceptions to this karmic balance; two notable exceptions are natural disasters and children. When children, vulnerable and impressionable, are inflicted with suffering or evil, it is because they are dependent on their parents or caretakers, thus the child's karma is inherited. Or in reverse, parents are punished through the suffering of their children. Just like children who benefit from their parents's skillful deeds, so do children suffer from their parents's unskillful deeds. Our deeds affect us and those we care about. Only when children become emotionally independent and self-sufficient are they responsible for their own karma.

We reap what we sow.

4. Is There A God?

No.

At least not the ones that have been fabricated by humans. Gods have come and gone throughout history, just like the fideist civilizations that worshipped them.

Fideism: The doctrine that religion is the basis of all knowledge; that faith is independent of reason.

Religion has nothing to do with morality and science. We can have morality without religion; we can attain spirituality without priests, rabbis, or imams. We can explain and even predict natural phenomena without the aid of an intelligent designer. We understand how the world works without religious textbooks. We have discovered our origin without faith. We can accurately describe how the cosmos works without a god in it.

If a person does not know right from wrong, then they lack morality. They do not lack religion.

If a person does not understand how the world works, then they lack self-education. They do not lack religion. They have not been enlightened.

If we study history, we know that the Sumerians, Egyptians, Greeks, Romans, East Indians, Mayans, and every small and large civilization in-between believed in gods at one time or another. They did this for hundreds and even thousands of years. However, gods were created by our ancestors in an attempt to answer existential questions and explain natural phenomena.

- What caused lightening and thunder? God was angry.
- Was a comet a good omen or bad omen? Ask the fortune teller.
- What did a earthquake foretell? The end of the world.
- Why did it rain? Some god in the sky was sad and crying.
- Why did the seasons change? The harvest goddess's daughter was kidnapped and the daughter had to spend six months in hell, this made the goddess sad and

gloomy, therefore winter; when her daughter was returned for six months, the goddess was in a sunny disposition, therefore summer.

- What did the planets, stars, and other celestial bodies represent? Gods and goddesses.

Religion begins where knowledge ends.

Now, let's scrutinize religion from a modern perspective.

- Did Moses really talk to a burning bush on a mountaintop that was supposedly god?
- Did Noah really save civilization and all the animals on his big boat (arc)?
- Was Jesus really the child of a virgin mother; and he walked on water, and arose from the dead?
- Did Muhammad really receive the will of god through an angel?

Unfortunately, there are billions of people who still believe religious nonsense. They have fought, still do fight, and will fight each other to the death for their outdated religious beliefs. Witness the Christian Crusade, the Muslim Jihad, and the Jewish Protocols of the Elders of Zion (if it's to be believed as authentic). Three religions with supposedly one god, and in practice they can't even agree on the basic principles of that one god, hence the perpetual conflicts. The god question is, "Whose god?"

We are the most advanced civilization that Earth has ever harbored. Despite this fact, there are hundreds of millions of people who lack the fundamental principles of basic science, thus the popularity of religion. In a 2014 survey by the U.S. National Science Foundation, 26% of Americans thought the Sun revolved around the Earth; similarly, 34% of Europeans thought the same thing. In addition, 52% of Americans were unaware that humans evolved from earlier species of animals. The fact that the Earth revolves around the Sun was settled by Nicolaus Copernicus in the 16th century, but was suppressed by the Catholic Church. Similarly, the theory of evolution by Charles Darwin is being perverted and suppressed to this very day by devout Christians, Jews, and Muslims. Now, if the U.S. and Europe are considered First World, how much hope of enlightenment is there in Developing and Third World countries that are steeped in religion?

A Brief History of Religion

A religion becomes dominant when it is adopted by the elite and ruler. It's a top-down adoption and expansion pattern, and those who blindly follow are considered "sheep" by the enlightened. This herd mentality, blind faith, follow-the-leader, peer pressure, mob rule, or by any other name is true of the Christian, Jewish, and Muslim faiths.

First, examine Christianity, which was an illegal and persecuted cult for centuries throughout the Roman Empire. However, this cult became fashionable when Roman Emperor Constantine I adopted it as his official religion and instituted it in the First Council of Nicaea in 325 AD. From there, Christianity "borrowed" most ideas for Jesus Christ's divinity from the Pagans and Egyptians: birth from a virgin mother, rise after three days of death, Christmas for Winter Solstice, the son of god, the bringer of light, and so on. The Christian faith is a mashup of other faiths. Not surprisingly, there are now scholars who doubt if Jesus Christ had existed at all. If these scholars are right, then Jesus Christ was a fictional character. If Jesus did exist, he might have been a spiritual teacher or philosopher who was lionized and exaggerated by the Creed of Nicaea and subsequent ecumenical councils of Nicaea.

We know from history that Jesus Christ's godly features were fabricated to make him more appealing to the commoners. In truth, Jesus Christ was a product manufactured by the apostles of Nicaea, the predecessors to the priests of the Roman Catholic Church. As we note from history, Jesus was not considered divine until three hundred years after his supposed birth, when it was convenient for the ruling authority. Since the First Council of Nicaea in 325 AD, and largely thanks to the largesse of Emperor Constantine I, Christianity had spread with the Roman Empire. However, the Roman Empire has long since collapsed, but the Holy Roman Empire is alive and well in the Roman Catholic Church—the Pope has replaced the Emperor. The largest landowner in the world today is the Roman Catholic Church (the Vatican). There is much more to Christianity than religion.

Second, examine Judaism. It is believed that most Jews today are not descendants of the original Semites of the Middle East, but they are converts of European and Turkic heritage (Khazarian Empire theory, 618 - 1048 AD). Nowadays, to label someone a Jew is ambiguous. The Jews could be identified as a race who shared a common ancestry in Judea (Palestine), as the Romans called it. Or the Jews could be identified as a religious group who have adopted Judaism. Since 250 AD, the Jews have been ex-

pelled about 109 times from territories and nations in which they had inhabited—the two most prominent are the Spanish Inquisition (1492) and the World War II Holocaust (1939 - 1944). The Jews have also been victims of numerous edicts and pogroms. Whether they were considered subversive, as scapegoats, or just generally disliked for their belief that they were the Chosen People of God, the Jews as a group have suffered much throughout history. As religious hogwash goes, if god loved the Jews so much that he made them the Chosen People, he would have made more of them, like the 1.1 billion East Indians or the 1.3 billion Chinese. And god certainly would not have created the Israelites to be dependent on the generosity of American taxpayers.

Third, examine Islam, which is the youngest of the three major religions today. Islam came about when Muhammad (Abū al-Qāsim Muḥammad ibn ‘Abd Allāh ibn ‘Abd al-Muṭṭalib ibn Hāshim, 570 - 632 AD) had a series of “divine” revelations. He claimed that the angel Gabriel had revealed to him the words of god. These revelations were recorded in what is now the Muslim holy book, the Quran. When the sheiks and kings of many Arabian tribes adopted Muhammad’s teachings, their followers became Muslim adherents. The word “Muslim” means he who submits to god, or the will of god. In whole, the Muslim faith is based entirely on the account of one man, a businessman no less, who claimed an angel had spoken to him, and that this angel had revealed to him the will of god. If anyone made that claim today they would be locked up in an psychiatric ward and the key thrown away.

Destructive Muslim concepts such as infidels, Sharia Laws, fatwa, and jihad are familiar to non-Muslims. The Quran appears to be a book of fiction written by a man similar to the one who founded Scientology, Ron L. Hubbard. Humanity could face another Dark Age if Islam is spread unchecked. Islam is a backward religion, nothing in it agrees with reason, science, and especially basic human rights.

The three major religions have their root in the Middle East. Today, the region of the Earth that is constantly at war is the Middle East—people with the same ancestry killing each other because they belong to different sects or branches of the same religion. That is Karma on display. If left unrestrained, these religious numbskulls will continue to kill each other to establish nations governed by religious laws (read: theocratic societies, outdated, backward, irrational, oppressive, tyrannical).

Religion was, and is still, used to control people, not enlighten them; religion is the dumbing down of Humanity's potential, because religion is arbitrary and subjective. It is science that enlightens and reason that establishes the principles of morality. If we are to seriously enquire about god, we need to ask questions that we have no answers to.

- Who created god?
- Does god exist in the form of mass, energy, or both?
- Why has the voice or image of god never been heard or seen by a group of people? It's always unverifiable stories from a lone nut in the wilderness.

We've mapped the Earth, the solar system, part of the Milky Way galaxy, and have begun creating a 3-dimensional map of the Universe—where does god reside? If the answer is “everywhere”, that is Nature. Nature exists everywhere.

Religious fanatics like to challenge the agnostic or atheist with, “If you don't believe in god, then what do you believe in?”

A good place to start would be to believe in universal knowledge, collective wisdom, and spirituality. Humanity. Nature. Science.

If you need to believe in someone, believe in yourself.

5. Are We Alone In The Universe?

Most unlikely. There are an estimated 100-400 billion stars in a galaxy and 100 billion galaxies in the Universe, and these estimates keep increasing as new discoveries are made. Mathematically, according to the theory of chaos and the Frank Drake equation, there are millions of lifeforms in the Universe and probably thousands with our intellectual capacity, and some even exceeding our intellectual capacity. The primordial soup of elements that kickstarted life on Earth is a mathematical reality in millions of other solar systems in the cosmos.

Abiogenesis: The original evolution of life or living organisms from inorganic or inanimate substances.

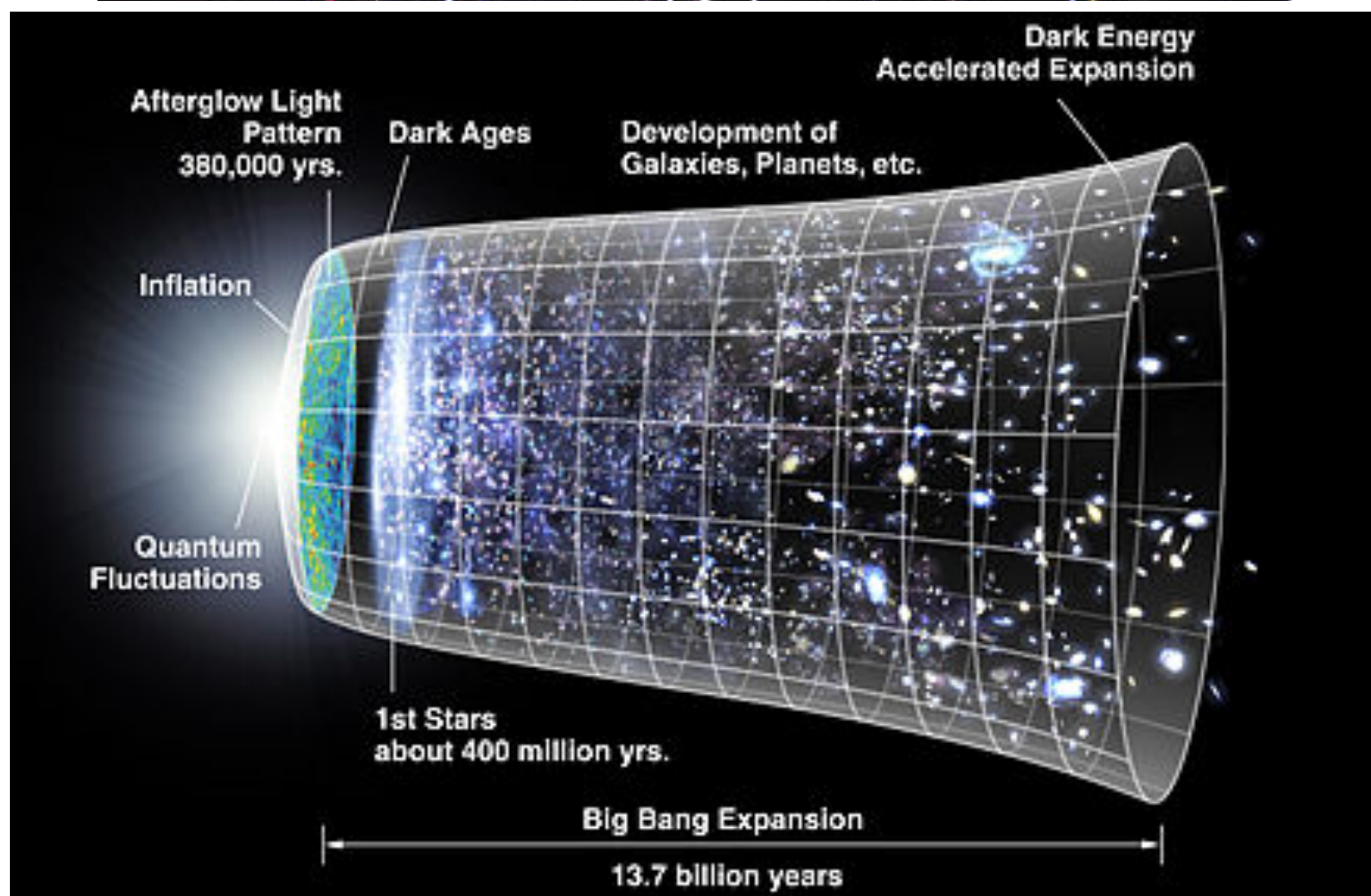
The process of abiogenesis that occurred on Earth, based on mathematical probabilities alone, is repeatable on other planets: atoms forged into light elements, light elements fused into heavier elements in the Sun, then a primordial soup of elements that meshed into inorganic molecules, then electrified and energized to form organic molecules, then prokaryote cells (cells with no nucleus), then eukaryote cells (cells with a nucleus capable of passing on genetic information), to multicellular organisms, to microbes and bacteria, then various species of amphibians, birds, arthropods, reptiles, and mammals. We are the product of Nature's experiment and patience, and Her laws permeate the cosmos. As Michael Faraday put it, "Nothing is too wonderful to be true, if it be consistent with the laws of nature."

Furthermore, according to String Theory, our Universe may only be one of many universes in a multiverse.

Our Universe is roughly 13.7 billion years old. The Earth is approximately 4.55 billion years old and not 6,000 - 10,000 according to Christian (Bible), Jewish (Torah), and Muslim (Quran) textbooks. Christianity, Judaism, and Islam are Abrahamic religions—they share the same root and believe that life originated in a corner of the Middle East 6,000 - 10,000 years ago through Creationism. Furthermore, peace is supposed to be a central tenet of these religions but they have been locked in perpetual conflict with no end in sight.

Our spiral Milky Way Galaxy (top) and Universe (bottom).

We are infinitesimally small in the cosmos. We do not need religion to divide us even smaller.



6.What Happens To Us After We Die?

There is an afterlife. We know this from observation. However, there is no evidence supporting the notion of heaven and hell as places of reward and damnation in the afterlife. Our afterlife resides in the memories of those we leave behind. Think of all the great people throughout history who are still with us in spirit because they touched our lives—their souls are their Afterlife. Whether our soul becomes famous or infamous, praised or condemned, admired or damned in the afterlife depends on whether we performed good or evil while we lived.

The good that we do will be remembered after we die—the greater the deeds, the longer the afterlife. Our essence lives on through loved ones and service to Humanity.

Throughout this book, we've met the afterlives of many great people who have enlightened us and shown us the path.

The cycle of life as designed by Nature is: birth and death, birth and death, ad infinitum...When something dies, its energy gives birth to another entity in the cosmos.

Life With Nature In The Cosmos

In summary, the 6 Big Questions of life are:

- Where did we come from?
- What is our purpose in life?
- Why do bad things happen to us?
- Is there a god?
- Are we alone in the Universe?
- What happens to us after we die?

If the first question can be answered with empirical evidence and by the process of elimination, then the answer to, “Is there a god?”, should be self-evident.

The God Dilemma

We are infinitesimally small in an unimaginably massive cosmos. If there were a god, it would have to be bigger than unimaginably big to have created the Universe and everything in it. If there were a god in this staggering immensity of existence, who is arrogant or delusional enough to think that god would care for her or him? This god, or intelligent designer, would have to be incomprehensibly powerful and its domain so immeasurably vast, that it would not care what we thought of it either way.

DEDICATION

This book is dedicated to all the brave women and men throughout history who fought against oppression, injustice, and tyranny. They stood up against oppression, injustice, and tyranny by the sword and of the mind. It is because of their courageous souls that many of us are able to enjoy the liberties and amenities of modern life. They are forever with us in spirit because they advanced knowledge and protected innate human rights for every person. They did what was beneficial for Humanity and were awarded with an everlasting Afterlife—their voices echo in this book.

We must have the courage and resolve to carry on their work. In doing so, we can only hope that our light will shine a fraction as bright as theirs in our Afterlife.

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